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See you in the pool!



**Pender Island Otters**



**@OttersSwimming**

[www.penderislandotters.webs.com](http://www.penderislandotters.webs.com)



For more information about registration please contact our Club President, Helen Lemon-Moore, at [penderottersswimclub@gmail.com](mailto:penderottersswimclub@gmail.com)

Any inquiries about swimmer placement and training programs can be made to our coaching staff, at [penderislandotters@gmail.com](mailto:penderislandotters@gmail.com)



BC Summer Swimming Association  
SWIMMING | DIVING | WATER POLO | SYNCHRO



Making a difference...together



## Sponsorship Opportunities

If interested in supporting our team, please contact our Club President, Helen Lemon-Moore, at [penderottersswimclub@gmail.com](mailto:penderottersswimclub@gmail.com)



*The Pender Island Otters Swim Team is competitive swim club that competes for the Vancouver Island Region in the British Columbia Summer Swimming Association.*



*Our club trains out of Panorama Recreation Centre in Sidney, BC. We offer several training groups for ages 4-60+ that are tailored to the individual swimmers' ability, interest, and confidence in the water.*

## Winter Maintenance Season

The BCSSA off-season runs from September to April but from September through June, the Otters train once a week. Our winter sessions emphasize the development of proper stroke techniques and endurance.

## Summer Competitive Season

From May to August, the Otters test their skills at competitions across the VI Region and elsewhere in BC. All of our training groups are offered throughout the summer. During July and August we offer training twice a week, two hours at a time, which targets race development and performance.



## Programs

### *Otter Pups*

Our novice program teaches the basics of swimming & water safety to toddlers and children eager to be in the water. Swimmers work on developing their confidence in the pool with the guidance of our in water coaches. These lessons last for 45 minutes and swimmers are given report cards to evaluate their progress at the end of each season.

### *Junior and Age Group Otters*

Swimmers from divisions 1-4 focus on improving their technique & stroke while increasing endurance. This group helps build teamwork & leadership skills and encourages swimmers to try out competition in the summer. For placement in Junior/Age Group, swimmers must be able to swim 50 meters comfortably. These Otters swim for an hour with the option of extra training for an additional 30 minutes.

### *Senior Otters*

Swimming for two hours, these passionate athletes are dedicated to furthering their swimming careers and strengthening their skills. The training program for our divisions 5 and up offers swimmers the opportunity for intensive training and maintained fitness.

### *Walruses*

Our Masters program is open to all skill levels with the aim to help keep swimmers active for life with programs varying in length that are low impact in nature and aim to improve both swimming technique and cardiovascular conditioning.



### *About our coaches*

Our coaching staff consists of an experienced group of competitive swimmers who have competed at the provincial level for BCSSA as well as at senior national and varsity levels in Canada. All of our coaches have trained through the National Coaching Certification Program. The Otters coaching staff aim to help swimmers achieve their goals and to assist in the development of skills that will be helpful in and out of the pool. Our coaching style incorporates a challenging yet rewarding program for swimmers who love working hard and having fun!

