



Bouchées de Croc/Croc Bites

Westminster Pool Association www.westminsterpool.com info@westminsterpool.com

August 2, 2013

Important Dates Importantes

Fridays at WES (until
Aug 9th)

Wes Water polo Classic
12 and under WP
1-2:00 pm

Saturday August 3rd

Time trials @ VYC

Monday August 5th

Synchronized
swimming prejunior
finals @ PPK

Come show all your
support!

Tuesday August 6th

Movie night @ 7:00pm
3\$ popcorn incl.

Wednesday
August/Aout 7

94.7 Hits Party 2-5pm
5 a 7
Swim-A-Thon 5:30

Friday August 9th

Spaghetti Jazz Dinner
6:00 pm
5\$ a plate

5 more days... 'til 94.7 Hits Party- Swim-a-thon and our 1st WES 5 à 7!

Wednesday August 7th!

94.7 Hits FM comes to WES and you have a chance to win 1 set of tickets valued at 120\$ for Montreal Impact game!!! Come and join our fun-filled day as we gear up for our annual SWIM-a-THON at WES. Party starts at 2:00pm with lots of fun games including funniest dive contest, biggest splash in deep end and of course 94.7 hits live DJ and music broadcast from WES . We even get a chance for a shout out on the radio! New this year, we are having our first 5 a 7. Come join our SWIM-a-THON @ 5:30 (all swimmers welcome) or sponsor a swimmer for 10\$. Proceeds of SWIM-a-THON go to the OTIS Grant Foundation and WES. Proceeds from 5 a 7 go to funds for new canopies at the pool.

Spaghetti Jazz Dinner !

Friday August 9th 6:00pm

Come join us as the guards whip up a delicious spaghetti dinner for all members to enjoy along with a special guest jazz band.
Cost is 5\$ a plate including drink.

Lifeguard of the week: Vivek

By: Natan & Damian

What is your pet peeve?

When people don't turn off the faucet

What 3 things would you bring to a deserted island?

House , boat, water

What was your most embarrassing moment?

When I fell into a hole and couldn't get out!

What made you come to Wes?

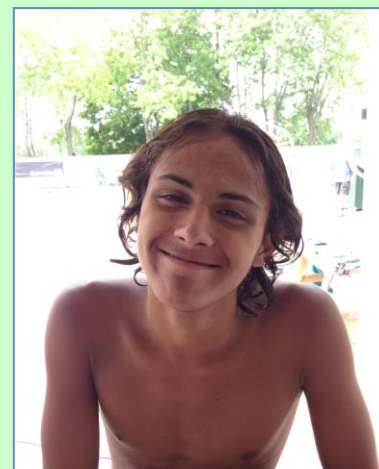
It's a great place to work

Use one word to describe yourself

Pokemon master

What sports do you do in the winter?

waterpolo



What's On and New @ Wes / Quoi de Neuf?

Aquafit-weekdays @ 11:10-11:40am
Mardi soir Fit Club avec Danielle @ 7:00pm
Wednesday bootcamp 10:30-11:00 w/Arianne
Karate Kid Saturdays starts July 6th @ 1:00-2:00pm (ages 5+)

Hard Croc Café

Mondays/ lundi : Subway breakfasts @ 2.50\$
Tuesdays / mardi: Pancakes @ 2.00\$
Wednesday / mercredi: Smoothies @ 1.50\$
Thursday / jeudi: Hooray Hot Dog /Pizza Lunch Trios @ 4.00\$

Canteen cards : 5\$ for 5.50\$ Value

**No act of kindness, no matter how small,
is ever wasted.**

Aesop

On behalf of all our lifeguards a big thank you to all of you who have "fed" them this week!!

H2O Polo Match

July 28th
WES @ GLE
Victory for 16u girls

July 29th WES @ VER
14 u boys victory for
WES
16u boys victory for
VER

NEXT GAME:

August 3rd & 4th
Waterpolo Quebec
games @ DDO civic
center



Swim Meet Wednesdays

Unfortunate loss to
Glenmore ...but amazing
relentless effort and
SPIRIT from all our
swimmers!
Go WES go!
Time trials on Aug.3rd @
YYC



Diving Meet/ Plongeon

The final scores for
dive meet against Elm
was:
125 Elm
101 WES

August 8th diving
sectionals @ THO



Synchro

Hold your breath, do
flips under water,
point your toes &
SMILE!

Aug. 5th pre-junior
finals @ PPK
Aug. 12th junior finals
@ Elm
Aug. 14th senior finals
@ WPK





Pics of the WEEK!



Help raise money for new canopies!

On August 7th, Joyce will be selling on site trendy, practical and green products to benefit the fundraiser for new canopies.

E-cause will donate at least 20% of sales to the new canopy fundraiser!

eCause Green fundraising made simple. Healthy profits, healthy world!
eCause Canada Inc.

Trendy, Practical & Green!
Great stuff for at home & back to school.
eCause will donate 20%+ of sales to the New Canopy Fund.

Cash, cheques or
MasterCard VISA

Take Advantage of Some Clearance Items Too!

BaaLLS
Clean Well
Clean Well

Swim -a- thon Swimmer Donation Form

**Please print and fill out form with payment ...forms and donations will be collected on Wednesday August 7th .
One form per swimmer please.**

Name: _____

Donation amount: 10\$ ☐ **Other** ☐

We are welcoming donations starting at 10.00\$ per swimmer. Each 10\$ donation includes a ticket to enter a draw to win the following prizes:

**1 set of tickets to
Montreal Impact soccer game
Gift basket (courtesy of Golden home care)**



Golden Home Care

"Live Life With Golden Care"

1-855-465-3321



SPONSORS

At Westmin, we are very fortunate to have the support of several sponsors who help make the Westmin experience that much more special. We would like to give special thanks to our chief sponsors:



Yeh Frozen Yogurt Now Open at 4307-b Boul St Jean corner of Roger-Pilon, next to the PharmaPrix. YEH offers Frozen Yogurt, Crepes, Coffee, Freshly made Cookies, Yogurt Smoothies.

Montreal Station Hotdogs
15680 Pierrefonds blvd in between Jacques-Bizard and Paiement: home of Hotdogs, hamburgers and subs. Winner of the best Poutine in the West Island.



St Viateur Bagel now open in the West Island at 821 Tecumseh, corner of Brunswick. Serving Montreal's most famous, fresh & delicious bagels.