



Bouchées de Croc/Croc Bites

Westminster Pool Association www.westminsterpool.com info@westminsterpool.com July 5th, 2014

Important Dates Importantes

July 6 / 6 juillet

**Hawaiian FUN
DAY 2-4:00pm**

family BBQ

(coals hot at 5:30)

July 8 / 8 juillet

Water polo

Elm @ WES

July 9/ 9 juillet

2nd swim meet

CSL @ WES

Post swim meet @
YEH!

20% off for WES

July 11 / 11 juillet

94.7 HITS PARTY

Zumba 1:00

94.7 HITS 2-5pm

**Swim-a-thon @
5:30**

July 12/ 12 juillet

Summer swimmers
meet @ ECC

We've got spirit yes we do! We've got spirit how 'bout you!

94.7 hits FM comes to WES!

**Come and join our fun-filled day on
Friday July 11th as we gear up for our annual
swim-a-thon at WES.**

**Party starts at 1:00pm with ZUMBA from IDOLEM
with Elysa Monk . Party continues at 2:00 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.**

**Come join our swim-a-thon @ 5:30 (all swimmers
welcome) or sponsor a swimmer for 10\$. Proceeds go
to the OTIS GRANT Foundation.**

**Please print and fill out form attached by
Friday July 11th**

Starting June 23rd @ HardCroc cafe

Every 2nd Monday/ lundi : Subway breakfasts @ 2.50\$

Tuesdays / mardi: Pancakes @ 2.00\$

Wednesday / mercredi: Smoothies @ 2.50\$

Thursday / jeudi: Hooray Hot Dog /Pizza Lunch trios @ 4.50\$

NEWWWWWW!

Canteen cards : 10\$ for 11\$ value

LIKE US ON FACEBOOK [Facebook](#)

Wow! What a great first week we've had @ WES! It will only get better! Here is a quick guide to what is up and when...

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Swimming lessons including water polo, synchro, and diving lessons 8:00-11:10						
Guppies ,aquafit and diving team 11:10-11:40				staff training 10:00-12:00	weekend lessons 11:00-12:00	
10 and under swim team 11:40-12:20pm				swim team fun day 12:00-1:00	Rubber ducky swim 12:00-2:00pm	
11 and up swim team 12:20-1:00pm						
synchro all 1-2pm	water polo	synchro all 1-2pm	water polo	synchro jr/sr 1-2		
Free swim 2:00pm-9:00 pm				Free swim 1:00-9:00pm	Free swim 2:00-9:00pm	Free swim 2:00-9:00pm Family BBQ

Important dates for SYNCHRO!

July 27th - Synchro prelims @ Wes (junior /senior)
August 6th -Pre junior Finals @ Thorndale
August 11th -Junior Synchro Finals @ Fairview
August 13th -Senior Synchro Finals @ Elm

- **MONDAY NIGHT FIT CLUB w/DANIELLE @ 7:00**
- **WEDNESDAY 10:30 BOOTCAMP- JULY 14th
w/ARIANNE**
- **FRIDAY JULY 11th @ 1:00 pm ZUMBA party**
- **THURSDAY JULY 24th @ 7:00 pm ZUMBA party**

VOLUNTEERS NEEDED FOR SWIM MEET

Hooray ...we are hosting the next 2 swim meets which means lots of guests /swimmers and lots of amazing volunteers to make it a success! If your child is participating in swim meets, we need your participation in any way possible. Each meet requires anywhere from 20 to more volunteers to run and at WES we pride ourselves on having the smoothest running and fun-filled meets ever! So get involved and let us know which meets you are available ...at the canteen or contact our meet manager Danielle @ daniellelustgar@gmail.com



La Vie est meilleure @ WES!

Respect **LIFEGUARDS+** family
 Bénévoles **BBQs**
Memories of Summers Gone By MEETS en famille SPONSORS
Sourires FUN FIT
 the color *laughter* **ESPRIT** NE
 GREEN *guppies* SS
 communauté S

It's a lifestyle to last a lifetime!

Tuesday night
 Water polo
 games

Wednesday
 night swim
 meets

Thursday
 night Dive
 meets



Swim -a- thon Swimmer Donation Form

**Please print and fill out form with
payment ...forms and donations will be
collected on Friday July 11.
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 prize:**

One set of Impact tickets

✂.....

Name: _____

Tel # : _____

“LEADERS” at WES lend a hand !

If you haven't spotted them yet, we have a great group of dynamic young “leaders” at WES ready to lend a hand. If it's for lessons, guppies , aquafit , bootcamp etc..just put in your request at the guards table and they will find one available for you pronto. It's all included!

World cup soccer fever comes to WES!

We have reserved the Westminster soccer field on
Sunday July 13th 9:00-2:00pm
for a friendly soccer tournament with Elm and Fairview.
Come cheer on team WES!

Friday Night WES WOMEN's Volleyball TEAM

Come join our team !

No experience needed !

Just shorts and bare feet !

Tana our WES volleyball coach will be offering her tips on how to play so we too can have the court to ourselves ...and maybe set up a match between the family BBQ men's team! See you there!

2014 Swimming meet schedule

Swimming: 2014 Dual Meet Schedule and Results			
	"A" Division		
Week 1 - July 2	GLE @ CSL		
	ECC @ WES	ECC 526 WES 506	
	ELM @ FVW		
Week 2 - July 9	ELM @ ECC		
	CSL @ WES		
	FVW @ GLE		
Summer Meet: July 12	Summer Swimmers' meet at Ecclestone		
Week 3 - July 16	ECC @ FVW		
	CSL @ ELM		
	GLE @ WES		
Week 4 - July 23	CSL @ ECC		
	ELM @ GLE		
	WES @ FVW		
Week 5 - July 30	WES @ ELM		
	FVW @ CSL		
	GLE @ ECC		
Time Trials - Aug 2	Glenmore		
Big Meet - Aug 9	Briarwood		

2014 Diving Dual Meet Schedule Results

Diving: 2014 Dual Meet Schedule and results		
	A Division	
Week 1	Jul 3 ECC @ ELM FVW @ GLE THO @ BWD WES @ VYC	
Week 2	Saturday Jul 5 GLE @ ECC WLM @ FVW VYC @ BWD WES@THO	
Week 3	Jul 10 ECC @ FVW GLE @ ELM BWD @ WES VYC @ THO	
Week 4	Jul 17 BWD @ ECC ELM @ THO FVW @ WES GLE @ VYC	
Week 5	Jul 24 ECC @ VYC FVW @ THO ELM @ BWD WES @ GLE	
Week 6	Jul 31 VYC @ FVW THO @ ECC WES @ ELM BWD @ GLE	
Division Semi-Finals	Aug 7: ELM (4:30 Warm up, 5:15 Start)	
Finals: Aug 14th: Thorndale (4:30 Warm Up, 5:15 start)		

NAA WATER POLO SCHEDULE 2014						
Division	Home	Score		Score	Away	By
Game Night #1, Friday June 27th						
B	WES		vs		ECC	
Division	Home	Score		Score	Away	By
Game Night #2, Tuesday July 1st						
B	WPK		vs		WES	SBK
Division	Home	Score		Score	Away	By
Game Night #3, Friday July 4th						
B	SBK		vs		PPK	WES
Division	Home	Score		Score	Away	By
Game Night #4, Tuesday July 8th						
B	WES		vs		ELM	PPK
Division	Home	Score		Score	Away	By
Game Night #5, Tuesday July 15th						
B	WES		vs		VER	
Division	Home	Score		Score	Away	Bye
Game Night #6, Tuesday July 22nd						
B	VYC		vs		WES	
Division	Home	Score		Score	Away	Bye
Game Night #7, Tuesday July 29th						
B	WES		vs		SBK	

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:



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RAY HARKALA
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