



Variety Village **Flames** Integrated Swim Team

*Do you have a physical disability?
Do you want to learn how to swim and compete
as a Para-Swimmer?*

*Opportunities from Grassroots to Elite levels
Call for an appointment to experience one of our practices*



Practice times: Monday, Wednesday & Friday @ 4:15~6:30pm
Tuesday & Thursday @ 4:30pm~6:30pm
*Swimmers train: 2-5 times per week (based on level)

More information: Corrine Bainton
416-699-7167 Ext: 268
cbainton@varietyvillage.on.ca



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