

# Nose Creek Swim Association Wants You!

- Fun
- Fitness
- Friendship
- Discipline
- Wellness
- Excellent Coaching



NCSA offers a variety of programs for both competitive and non-competitive swimmers. Our programs are designed to provide the opportunity for fitness, fun, and friendship. We offer a *free week* of swimming to your child to check out our team. During this time, our coaches will monitor your child's swimming skills and advise you as to what level your child should sign up for in our competitive or non-competitive programs.

**Ages 5 years and up**

For more information:

**[nosecreekpresident@gmail.com](mailto:nosecreekpresident@gmail.com)**

**<http://ncsaswim.ca>**

Or drop by the pool during practice!

Practices are held at Thornhill Pool and the Airdrie Pool

