



Mini Comets Swim Program 2026-2027

#heartforward

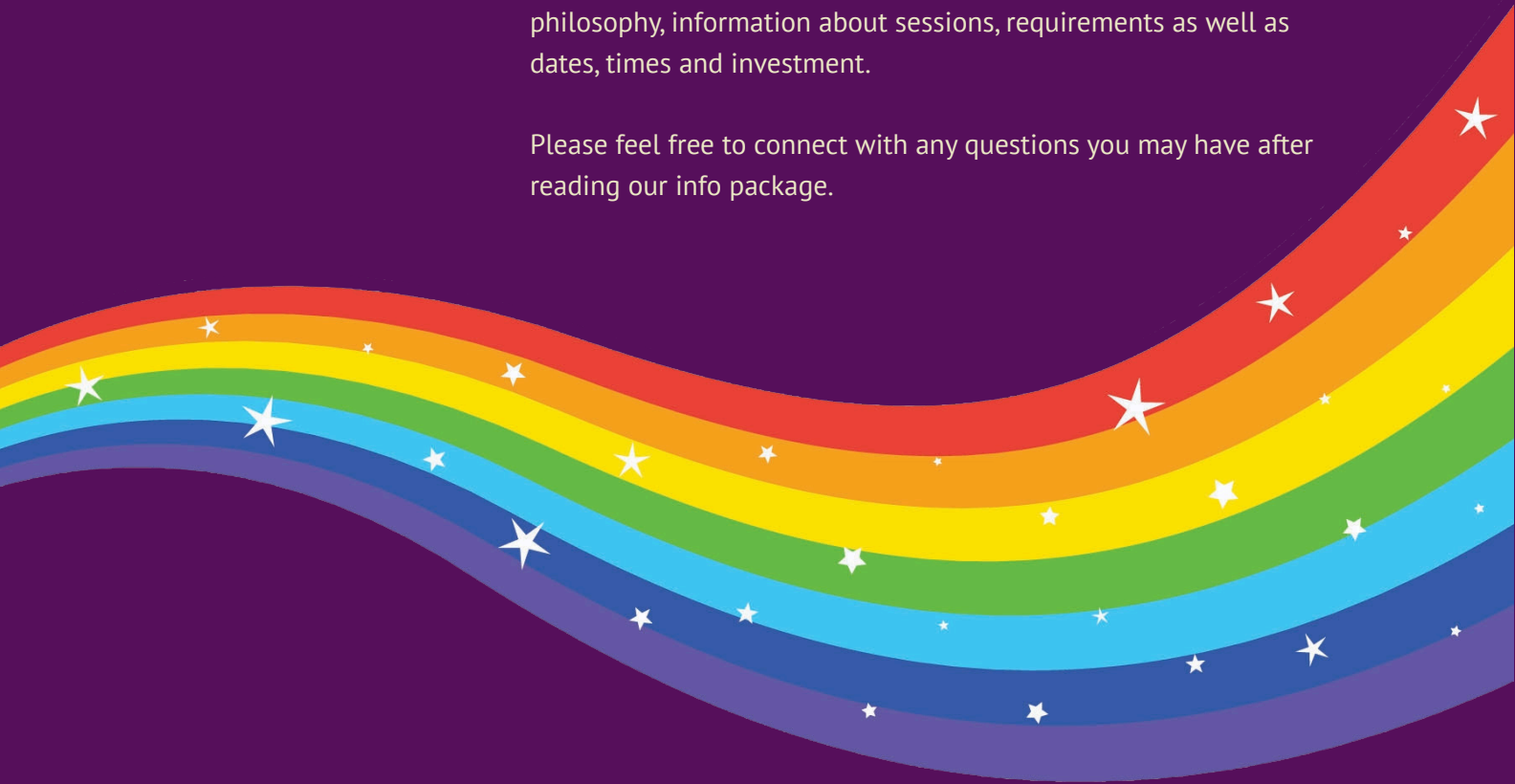
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www.minicomets.ca

Hello There!

Thank you for your interest in our Mini Comets Swim Program. We are excited to meet you! Inside you will find our program philosophy, information about sessions, requirements as well as dates, times and investment.

Please feel free to connect with any questions you may have after reading our info package.





WHO WE ARE - OUR PHILOSOPHY

Our children deserve to participate in an environment that is safe, supportive, welcoming and fun. They deserve to enjoy a program that enriches, encourages and empowers their curiosity, confidence and sense of belonging.

In order to do that, programming must engage children and teach skills in a well-planned, deliberate way.

Our #heartforward programming means just that - *Heart Forward*. A child's growth and development is heavily influenced by their external environment. That means programming families choose will have an impact in the way their children show up in the world.

Every child has something special and unique to offer to a team environment that celebrates every child's uniqueness within it's culture.

We want to be a part of making positive impacts in the lives of our participants that extend beyond the physical aspects of sport.

Relationships, including friendships and connections with coaches, is an important tool on the path of impactful learning and education.

Permanent learning and skill acquisition is unique to us all. Our program honors and supports each child and their individual needs.

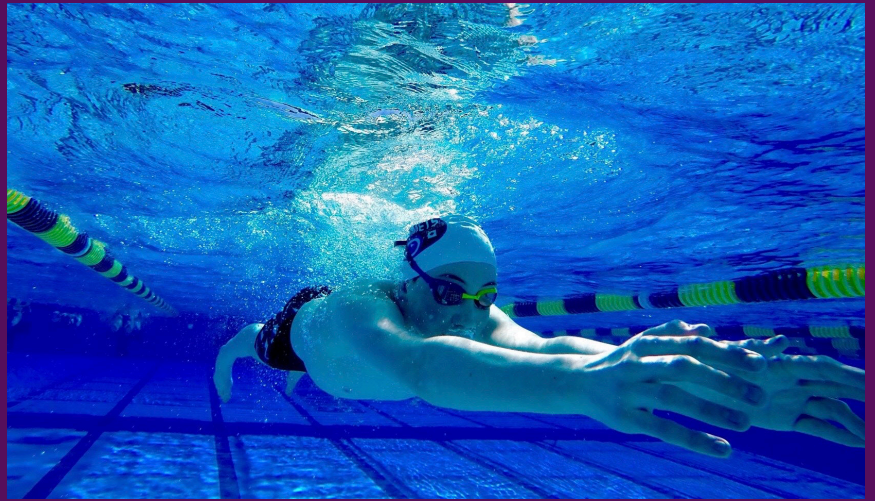
Our hope is our special participants find a life-long love of swimming and continue on in our program for many years to come. But first, FUN. #heartforward



COACHES

We know who families place their trust in when it comes to their children is important.

Our coaches are NCCP and Safe Sport certified and deliver a top quality, #heartforward program. All of our coaches have a love for swimming and have many years of experience sharing their passion with our special participants.



Our program is delivered using a large coach-swimmer ratio to ensure the safety of all of our special participants. Coaches will be seen in the water as well as on deck assisting swimmers with anything and everything they need.



Relationships with our athletes go far beyond the pool. The connections we make with your children enrich our lives as coaches, and creates learning opportunities for skills in communication, coachability and team culture.



LITTLE STARS & MINI COMETS SQUADS

LITTLE STARS

This 8-week session is delivered two times a week and is designed for children aged 5-10.

Our focus is centered around FUN, while learning the skills of swimming in a safe, supportive environment.

We offer 4 8-week sessions to provide flexibility to enable families the ability to participate in other sports & activities without a multiple-month commitment.

Families have the options of joining us for 1, 2, 3 or all 4 8-week sessions.

We meet every child where they are at, and develop them from there.

MINI COMETS

The next step in our program is our Mini Comets squad.

Each session is delivered 3 times a week Monday, Wednesday and Friday.

This program is designed as the next level for swimmers coming from our Little Stars Program and who coaches have identified as ready for more.

This squad will continue to develop our young swimmers and teach them skills preparing them for competition in multiple areas of development. From here, the next level is joining our much loved Cochrane Comets Competitive Club.

Our Mini Comets Swim Program is a non-competitive program. Our philosophy is heavily based in teaching swimmers skills, and developing them so they may be ready to learn about competition in a healthy, positive way.

Youth sport in relation to competition and comparison can take an unhealthy turn at a very young age. Families can feel immense pressure to oversubscribe and overschedule.

Our program is focused on our children's emotional, mental, and physical well being first - long before we introduce them to competition.

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DATES, TIMES & INVESTMENTS

What Are We Learning?

Being part of a team teaches so much more than physical skills

- Physical Literacy
- Technical Skills
- Race Simulation
- Elements of Strokes, Starts & Turns
- Nervous System Regulation/Support
- Mindfulness
- Belonging
- Team Culture
- Coachability
- The Athlete Triad
- Communication Skills
- Independence/Agency
- Empowerment/Confidence
- Friendship

SESSIONS	DATES	TIMES	COST
LITTLE STARS SESSION 1	OCT 5 - NOV 30	M/W 4:30-5:30 OR 5:30-6:30	\$450
MINI COMETS SESSION 1	OCT 5 - DEC 4	M/W 4:30-5:30 & F 4-5	\$700
LITTLE STARS SESSION 2	JAN 4 - FEB 24	M/W 4:30-5:30 OR 5:30-6:30	\$450
MINI COMETS SESSION 2	JAN 4 - FEB 26	M/W 4:30-5:30 & F 4-5	\$700
LITTLE STARS SESSION 3	MAR 3 - APR 28	M/W 4:30-5:30 OR 5:30-6:30	\$450
MINI COMETS SESSION 3	MAR 3 - APR 30	M/W 4:30-5:30 & F 4-5	\$700
LITTLE STARS SESSION 4	MAY 5 - JUN 23	M/W 4:30-5:30 OR 5:30-6:30	\$450
MINI COMETS SESSION 4	MAY 5 - JUN 25	M/W 4:30-5:30 ONLY	\$475



PREREQUISITES & EQUIPMENT



Our Mini Comets program is suitable for children who can complete a 25m length of the pool. (can be kicking with fins etc - it does not have to be swimming)

Children who love the water, and are comfortable being in the water is a great start.

Swim Goggles, a swim suit (preferably one-piece for our females) and if your child is often chilly, a warm water shirt is recommended, but not required. We will provide swim caps.



A Final Word...

Thank you for taking the time to review our information package.

Check us out at www.minicomets.ca, and follow us @minicomets_swimming

It's important to note: Our Mini Comets Program is NOT a swim lessons program. We do not teach lifesaving skills. Swim Lessons through SLS are recommended and encouraged for all young children.

Become a member of our website to receive early access to registration, which will OPEN in early June, 2026.

Come and join the **FUN!**

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