CANADIAN DOLPHIN SWIM CLUB

REGIONAL GROUP

SCHEDULE:

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM	6:15 – 6:30 am: activation 6:30 – 8:00 am: water 8:15 – 8:45 am: dryland					5:15 – 5:30 am: activation 5:30 – 6:30 am: water
PM		6:00 – 6:15 pm: activation 6:15 – 7:15 pm: water	4:45 – 5:00 pm: activation 5:00 – 6:00 pm: water	4:45 – 5:00 pm: activation 5:00 – 6:15 pm: water 6:30 – 7:00 pm: dryland	4:45 – 5:00 pm: activation 5:00 – 6:00 pm: water	5:45 – 6:00 pm: activation 6:00 - 7:15 pm: water

Schedule subject to change.
During activation and dryland, swimmers must be in CDSC gear (t-shirts). During all water workouts caps worn must be CDSC caps.

LOCATION: Vancouver Aquatic Centre

START DATE: Monday, September 12.

FEES:

Membership Fee/Family: $100

Monthly Fees: First swimmer in family: September $142; October-June $284/month.

Second swimmer in family: September $131; October-June $261/month.

Swim BC Fees:

Age Group	Swim BC Fees
8 & U*	$101
9 - 10*	$121
11 - 14*	$163
15 & O*	$205

*age category is determined by the swimmer's age on December 31st.
Swim BC registration fees are annual from September through August.

Please read our website for information about your Parent Participation Point requirements (click here), and for fee payment and notice of withdrawal rules (click here).