**New season begins Monday, Sept. 9th with plans *(to be announced)* for each squad meeting with Coach & athletes & parents to review new Code of Conduct (signed in person) before entry into WGB swim club lanes.**

**Non-refundable deposit required to hold placement in squad - $100 (TBear, Cubs, Brown & Teen) or $200 (Black, Kodiak, STips squads); No refund of this squad deposit with athlete’s withdrawal from WGB swim club between June 1-Sept 30, 2019**

**Teen – 2.0 hours – Coach M. Pennington & S. Hill**

**(athlete must turn 13 years of age by Dec. 31st, 2019)**

Monday 6:30 - 7:30 pm & Thurs. 7:00-8:00 pm – 1 Bingo; $555 fees plus Swim BC insurance $50 & $20 WGB membership

**Senior squads Kodiaks & SilverTips will have access to 4 sessions with Tracey Bilsky, Sport Psychologist, during the 2019-20 season**

**NOTE: Dryland training for senior squads will begin week of October 6th.**

**Silvertips - 14.75 hours – Head Coach Carmen & Coaches B. Pasloski & J. Veidt**

Monday - 6:00 am to 7:45 am & 4:30 pm to 6:30 pm – 6 Banker/Caller; $2,135 fees (includes up to 4 hrs dryland) + Swim BC & $20 membership

Tuesday - 6:00 am to 7:45 am

Wednesday - 6:00 am to 7:45 am & dryland with Ben 3:30 pm to 4:30 pm

Thursday - 5:00 pm to 7:00 pm

Friday - 6:00 am to 7:45 am & dryland 3:45-4:45 pm & swim 5:00 pm to 7:00pm

Saturday - 7:30 am to 9:30 am Equipment required: goggles/swim fins/snorkel/hand paddles

**Kodiaks - 12.75 hours – Coaches Bronwyn Pasloski & Julia Veidt**

Monday - 6:00 am to 7:45 am – 5 Banker/Caller; $1,830 fees (includes up to 4 hrs dryland) + Swim BC & $20 membership

Tuesday - 5:00 pm to 6:30 pm

Wednesday - 6:00 am to 7:45am & dryland with Ben 3:30 pm to 4:30 pm

Thursday - 5:00 pm to 7:00 pm

Friday - 6:00 am to 7:45 am & dryland 3:45-4:45 pm & swim 5:00 pm to 7:00pm

Saturday - 7:30 am to 9:30 am Equipment required: goggles/swim fins/snorkel/hand paddles

**Polar Bears - 7.25 hours – Head Coach Carmen Escobar**

Tuesday - dryland with Ben 7 am to 8 am; swim 6:30 pm to 7:30 pm

Wednesday - 6:30 pm to 7:30 pm – 6 Floor worker; $1,508 swim fees (includes 1 hr dryland) + Swim BC & $20 membership

Thursday - 6:00 am to 7:45 am

Friday -  4:30 pm to 6:00 pm plus stretching on deck until 6:30 pm

Saturday - 7:30 am to 9:30 am plus stretching on deck until 10:00 am Equipment required: goggles/swim fins/snorkel/hand paddles

**Black Bears - 4 hours – Coach Julia Veidt**

Monday - 6:30 pm to 7:30 pm – 3 Floor worker; $1249 swim fees + Swim BC & $20 membership

Wednesday - 5:30 pm to 6:30 pm

Friday – 4:00 pm to 5:00 pm

Saturday -  9:30 am to 10:30 am Equipment required: goggles/swim fins/snorkel

**Brown Bears - 3 hours – Coach Kayla Yeulet**

Wednesday - 4:30 pm to 5:30 pm – 2 Floor worker; $844 swim fees + Swim BC & $20 membership

Friday - 4:00 pm to 5:00 pm

Saturday -  9:30 am to 10:30 am Equipment required: goggles/swim fins/snorkel

**Cubs 1 (Advanced) - 2 hours – Coach Shereen Hill**

Tuesday & Thursday – 4:00-5:00 pm – no bingo; $666 swim fees + Swim BC & $20 membership

**Cubs 2 (Beginner) - 2 hours – Coach Shereen Hill**

Monday & Wednesday– 4:00-5:00 pm – no bingo; $666 swim fees full season + Swim BC & $20 membership

**Teddy 1 (Advanced) - 50 mins – Coach M. Pennington-Dunbar**

Monday & Wed. - 4:00 pm to 4:25pm – no bingo; $333 swim fees + Swim BC $50 & $20 membership Or $222 half-season

**Teddy 2 (Beginner) - 50 mins – Coach Shereen Hill**

Wednesday - 5:00 pm to 5:25pm - no bingo; $333 swim fees + Swim BC $50 & $20 membership

Friday – 4:00 pm to 4:25pm Or $222 half-season