

# CANADIAN DOLPHIN SWIM CLUB

## LMR GROUP

2023/2024

### SCHEDULE:

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
6:15 – 6:30 am (activation) 6:30 – 8:00 am (water) 8:00 – 8:45 am (dryland)	3:45 – 4:00 pm (activation) 4:00 - 5:00 pm (water) 5:00 – 5:30 pm (dryland)	3:45 – 4:00 pm (activation) 4:00 - 5:00 pm (water)	4:30 – 5:00 pm (dryland) 5:00 – 6:00 pm (water)	3:45 – 4:00 pm (activation) 4:00 – 5:00 pm (water)

**LOCATION:** Vancouver Aquatic Centre

**START DATE:** Monday, September 11

### FEES:

Membership Fee/Family: \$100

Monthly Fees: First swimmer in family: September-June \$206/month.  
Second swimmer in family: September-June \$190/month.

### Swim BC Fees:

Age Group	Swim BC Fees
9 - 10*	\$123.50
11 - 14*	\$165.50
15 & O*	\$207.50

\*age category is determined by the swimmer's age on December 31st.

Swim BC registration fees are annual from September through August.

**IMPORTANT:** During all dryland and activation, swimmers **MUST** wear CDSC gear (t-shirts). During all water workouts, if wearing a cap, it **MUST** be a CDSC cap.

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](#)).

Schedule is subject to change.