

# CANADIAN DOLPHIN SWIM CLUB

## NATIONAL GROUP: 2023/2024 SEASON

### SCHEDULE:

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM	5:15 – 5:30 am: activation 5:30 – 7:30 am: water		5:15 – 5:30 am: activation 5:30 – 7:30 am: water			6:45 – 7:00 am: activation 7:00 – 9:30 am: water
PM	3:45 – 4:00 pm: activation 4:00 – 6:00 pm: water 6:00 pm – 6:20 pm: dryland	3:45 – 4:00 pm: activation 4:00 – 5:00 pm: water		3:45 – 4:00 pm: activation 4:00 – 5:00 pm: water 5:15 – 6:00 pm: dryland	3:45 – 4:00 pm: activation 4:00 – 5:45 pm: water 5:50 – 6:30 pm: dryland	

**DISTANCE SWIMMERS:** Extra training may be available on select Fridays from 5:15 to 7:30 am for distance swimmers who meet the 85% minimum attendance requirement.

During activation, dry land, and yoga, swimmers must be in CDSC gear (t-shirts). During all water workouts caps worn must be CDSC caps.

Schedule subject to change.

**LOCATION:** Vancouver Aquatic Centre

**START DATE:** Monday, September 11 (afternoon)

### FEES:

**Membership Fee/Family:** \$100

**Monthly Fees:** First swimmer in family: September-June \$368/month.

Second swimmer in family: September-June \$339/month.

### Swim BC Fees:

Age Group	Swim BC Fees
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.

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](#)).