

CANADIAN DOLPHIN SWIM CLUB

PROVINCIAL DEVELOPMENT GROUP: 2023-2024 SEASON

SCHEDULE:

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM			5:15 – 5:30 am: activation 5:30 - 7:30 am: water			5:45 – 6:00 am: activation 6:00 – 8:00 am: water 8:15 – 9:00 am: dryland
PM	5:00 – 5:45 pm: yoga 6:00 – 7:15 pm: water	3:45 – 4:00 pm: activation 4:00 - 5:00 pm: water	3:45 – 4:00 pm: activation 4:00 – 5:00 pm: water 5:00 – 6:00 pm: dryland	4:00 – 4:45 pm: dryland 5:00 – 6:00 pm: water	4:45 – 5:40 pm: dryland 5:45 – 7:15 pm: water	

Schedule subject to change.

During activation, dry land, and yoga, 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 11

FEES:

Membership Fee/Family: \$100

Monthly Fees: First swimmer in family: September-June \$335/month.

Second swimmer in family: September-June \$308/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.

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](#)).