

CANADIAN DOLPHIN SWIM CLUB

WHITE GROUPS	
Prerequisites	This is a program for new swimmers who are able to swim 20m freestyle and backstroke without assistance, and do a somersault in the water; Swim Kids 3 or equivalent, and Assessment.
Age	10 and under
Program Information	Three 65 min sessions per week, each including 5 minutes stretching and 1-hour water. Working on learning all 4 strokes and Individual Medley (IM) turns. 5 Mini Meets per season.
Swimmers' Commitment and Goals	<ol style="list-style-type: none"> 1. Make your best effort to attend all practices. 2. Attend as many of the Mini Meets and social events as possible. 3. Have fun!
Parents' Commitment	<ol style="list-style-type: none"> 1. Arrange to have your swimmer attend as many practices, Mini Meets, and social events as possible and ON TIME, and let your swimmer's coach know by email in advance if your swimmer will be absent. 2. Stay informed by reading the website, reading and responding to emails, and communicating with your swimmers' coach before or after practices. 3. Attend offered meet officials training clinics and volunteer at meets, meet or exceed Parent Participation requirements and fundraising goals. 4. Keep credit card on file updated and pay fees on time.
Season	September through June
Required gear/equipment	CDSC t-shirt and cap (worn at every practice), goggles, CDSC kickboard and meshbag, swimsuit, fins, water bottle.