

Welcome to another Dolphins Season!

If you are new to the club, we would like to welcome your family to what we hope will become your summer tradition for years to come. If you are a returning member: we are so glad you are back!

This summer we hope your child will be inspired to continue in aquatics sports year-round and develop a love for water that will last a lifetime.

Pre-season schedule:

Swim team: Monday, Wednesday and Friday evenings

Swimmers 12 years old and under: 6:30-7:30pm

Lanes	0-3	4-5	6-7
Ages	8 and under	9-10	11-12

*Please meet at the designated lanes - coaches will then organize swimmers

Swimmers 13 years old and over: 7:30pm-8:30pm

Lanes	0-1
Ages	13+

Water polo and Diving: Tuesday and Thursday evenings 6:30-7:30pm

For athletes

What to bring to practice:

swimsuit, bathing cap, goggles, flip flops, towel(s), warm clothes to put on after, a lock to keep your things safe in the lockers, your smile and a loud cheering voice (we sometimes practice our cheers--you need to be ready!). The pool temperature is quite cool for the first few weeks.

We are not responsible for lost or stolen items so lock up your valuables or leave them at home, please.

A few important reminders for parents

- 1) Please bring appropriate footwear for yourself to wear on the deck (flip flops, crocs or other such footwear)
- 2) Please wait until the end of practice to speak to the coaches: when the children are arriving they are trying to get them into the water as quickly as possible and their attention, for safety reasons, needs to be on that task.

Please have a look at our website and take note of further Upcoming Events

We can't wait to see you at the pool!

Go Dolphins Go!