

## **Kelowna Dolphins Synchronized Swimming Club** **2017-2018 Information Sheet**

### **14 week program**

- Fall Program runs from September 12, 2017 – December 12, 2017
  - refunds will not be granted due to pool closures, holidays, and/or sickness
- Practices are once / week (1.5 hours / week) either:
  - Tuesday 6:00 – 6:30 Dryland; 6:30 – 7:30 Pool or
  - Thursday 6:00 – 6:30 Dryland; 6:30 – 7:30 Pool
- End of season showcase – details TBD
  
- Winter Program runs from January 8, 2018 – April 27, 2018  
(2 week break for Spring Break: March 19 – April 2, 2018)
- Practices are once / week (1.5 hours / week) either:
  - Tuesday 6:00 – 6:30 Dryland; 6:30 – 7:30 Pool or
  - Thursday 6:00 – 6:30 Dryland; 6:30 – 7:30 Pool
- It is mandatory for this group to participate in the Interior Fun Meet
  - there is an additional registration fee for this meet
  - held Saturday, March 10 at the H2O Adventure and Fitness Center, Kelowna, BC
- End of season showcase – details TBD

### **Recreational Swimmers**

- Season runs from September, 2017 – April, 2018
  - due to pool shut-down, the pool will be closed September 5, 2017 so practice will either be cancelled or held at an alternate location (details TBD)
  - practices will be cancelled during Christmas Holidays (December 25, 2017 – January 5, 2018)
  - refunds will not be granted due to pool closures, holidays, and/or sickness
- Practices are twice / week (3 hours / week)
  - Tuesday 6:00 – 6:30 Dryland; 6:30 – 7:30 Pool
  - Thursday 6:00 – 6:30 Dryland; 6:30 – 7:30 Pool
- It is mandatory for this group to attend the Interior Fun Meet
  - Saturday, March 10 at the H2O Adventure and Fitness Center, Kelowna, BC
- Potential Option to attend an out-of-town meet – discussion with parents and coach will ensue
  - April 13 - 15, 2018 Mable Moran at Watermania, Richmond, BC
  - If chosen, additional fees for meet entry, travel and routine suits are not included in the monthly fees
- Winter and year-end routine showcase(s)
- Fees for travel and routine suits (if needed) are not included in the monthly fees
- It is expected that athletes in this program will participate in team fundraisers

**Competitive Swimmers**

- Season runs from September, 2017 – May, 2018
  - due to pool shut-down, the pool will be closed September 5, 2017 so practice will either be cancelled or held at an alternate location (details TBD)
  - practices will be cancelled during Christmas Holidays (December 25, 2017 – January 5, 2018)
  - refunds will not be granted due to pool closures, holidays, and/or sickness
- Practices are three times / week (7.5 hours / week)
  - Monday 6:00 – 6:30 Dryland; 6:30 – 7:30 Pool; 7:45 – 8:30 Gym
  - Tuesday 6:00 – 6:30 Dryland; 6:30 – 8:30 Pool
  - Thursday 6:00 – 6:30 Dryland; 6:30 – 8:30 Pool
- Extra routine practice day and time TBD (dependent on both pool availability and coaches discretion)
- It is strongly encouraged for parent(s) and swimmer to attend the Annual Summit and AGM
  - October 20 – 22, 2017 Richmond Oval
- It is mandatory for this group to attend the following four meets
  - November 25, 2017 Interior Training Meet at the Canada Games Aquatic Centre, Kamloops, BC
  - March 10, 2018 Interior Fun Meet at the H2O Adventure and Fitness Center, Kelowna, BC
  - April 13 - 15, 2018 Mable Moran at Watermania, Richmond, BC
  - May 11 – 13 Jean Peters Provincial Championships at Saanich Commonwealth Pool, Victoria, BC
- Winter and year-end routine showcase(s)
- Fees for travel and routine suits are not included in the monthly fees
- Fees for any additional practice times and/or additional routines are not included in the monthly fees
- It is expected that athletes in this program will participate in team fundraisers