

**Please note registration Deadline Date: SEPTEMBER 5,2025**

**\*\*Athlete Registration is not considered complete until parents/athlete have submitted Registration form , Medial Form , Code of Conduct, and Volunteer deposit paid. \*\***

**When Do the teams practice? (Regular Practice Starts Week of Oct 7,2024)**

Competitive 13-15, and 16-18 H2O - Sundays 3:15-6:00 pm  
- Tuesday 6:00- 8:30 pm  
- Thursdays 6:30 - 8:30pm

Limited Competitive H2O - Mondays 6:15-8:15 pm  
- Thursdays 6:00- 8:00 pm

U10/U12 Competitive H2O - Tuesdays 6:30-8:30pm  
- Thursdays 6:00-8:30pm

Masters Rec- Sunday 8:00-9:30am at Rutland YMCA

Aqua go - Mondays 6:15-7:15 10 week sessions H2O

Solos and Duets- Mon and Wed Evenings and Sat Mornings

FINAL TRAINING SCHEDULE IS SUBJECT TO CHANGE , WE ARE STILL WAITING ON FINAL POOL SCHEDULE

**Holidays/ No practice Dates: No refunds are provided, this is taken in to account when calculating swimmer fees**

National Truth and Reconciliation Day- Mon Sept 30

Thanksgiving- Mon Oct 14

Remembrance Day- Mon Nov 11

Xmas Break- Dec 20- Jan 5

Family Day - Mon Feb 17

Spring Break - March 16- March 23 (practice resumes Mon March 24. \*\*Note all Athletes must be at all practices 2 weeks prior to competitions)

Easter- Sun April 20 and Mon April 21

Victoria Day - Mon May 19

Cancelled practices due to pool closures- TBD

## When are Competitions?

- Training Meet - Nov 9-10,2024 Kamloops, BC (All Athletes)
- Water Show - Dec 17,2024 Kelowna, BC (All Athletes)
- Masters Provincial Qualifier- Jan 17-19,2025 Surrey,BC ( Masters Competitive Athletes Only)
- Mable Moran April 11-13,2025 Richmond, BC \* Limited Comp Athletes do NOT attend\*
- Jean Peters May 16-18,2025 Nanaimo BC ( All Athletes )
- Fun Meet- Early March 2025 (Limited Comp athletes only)

## What is the cost and what do the fees cover ?

Total program fees are calculated for an 8-month season (9-month season for the Competitive / Limited Competitive teams) and then divided evenly across the months. Even though some months may have more or less weeks of swimming, fees are constant over the season. Monthly fees include:

Athlete registration with BC Artistic Swimming

Dolphins Swim Cap

Weekly Coaching (number of practices depends on your program)

Weekly Pool Time (number of swims depends on your program)

Registration fees for two meets (three meets for competitive teams)

Coaching at two meets (three meets for competitive teams)

Monthly club dues (covers shared club expenses such as club registration, insurance, coach administration time, etc.)

Monthly fees do NOT include:

Travel and accommodation at swim meets

Club or competition swimming suits/gear

Fees for duets and solos are an estimate and will be calculated individually based on coaching time. These fees are in addition to fees for team training programs.

2024/2025 fees

Masters Rec-\$ 120/month

Solo- \$210/person

Masters Comp- \$132/month

Duet. \$170/person

Competitive 13-15 years— \$325/month.

Competitive 16-18 years- \$325/month

Competitive U12- \$270/month

Limited Comp- \$200/Month

Aqua Go- \$200 ( 10 sessions )

## Team Wear

- Kelowna Dolphins Shirt required for all Athletes that are competing.
- Team suits required for all Athletes Competing ( decided by the coach )

**-All swimmers will require the following items to participate in weekly practices:**  
One-piece sport bathing suit, Swim cap, Nose clip(s), Goggles, Towel(s), Water Bottle  
Yoga mat,

**All swimmers will require the following items to participate in swim meets :**  
Solid black one-piece bathing suit, Solid white swim cap, Nose clip(s), Goggles, Towel

([www.lysports.com](http://www.lysports.com) to purchase swim gear. Remember that every purchase using your team code is eligible for an additional 2% discount AND 5% kickback for your team to use)

### **What is the Volunteer deposit -**

Given the limited number of volunteers over the past few years and to prepare for the need to hire administrative staff, the Club requires a \$200 deposit upon the athlete's registration in September. (**Your Athlete will not be allowed in the pool until PAID**) If the swimmer/family volunteers for four activities over the course of a season, the \$200 deposit will be returned at the end of the season (May). - Please see attached Volunteer Policy

**Communication-** Club executives will communicate thru email. Coach will communicate thru email and WhatsApp- Please have this app downloaded.

### **Payment details**

-Please e-transfer Kelowna Dolphins Artistic Swimming Club at [treasurer@kelownadolphins.com](mailto:treasurer@kelownadolphins.com)

Please e-transfer payment On the 1st of every month! Please indicate Athletes name in e-transfer notes

**As a reminder,** The Kelowna Dolphins Artistic Swimming Club policy for outstanding fees is :

a penalty equivalent to 5% of the invoice amount after 60 days, and 10% of the equivalent of the invoice amount after 120 days

Questions regarding payment can be sent to Ralitza at [treasurer@kelownadolphins.com](mailto:treasurer@kelownadolphins.com)

## VOLUNTEER POLICY

The Kelowna Dolphins Club is administered entirely by parent and athlete volunteers. Coaches are contracted, and are the only paid staff within our club. However, they volunteer their time to our athletes, above and beyond the time for which our club pays them.

Over the past 5 years, the Kelowna Dolphins Club has grown by nearly 400%. We have more swimmers, teams, routines, coaches, programs and pool time than ever. With this positive growth has come an increased demand on volunteers to administer and manage the club.

Each month, nearly 100 volunteer hours are spent on necessary club activities such as paying bills and invoices, reviewing monthly contracts with the YMCA, procuring club uniforms and swimsuits, registering for competitions, answering general email inquiries, writing grants, organizing fundraising activities, writing newsletters, arranging Coach training and travel, managing the Club's website, developing budgets, advertising, ensuring compliance with provincial and national sport policies—the list goes on.

Many swim clubs hire administrative staff to help with these activities. If we hire staff, we will need to increase program fees.

In an effort to keep program costs down, we need each swimmer, or each swimmer's family, to volunteer. The expectation is that the swimmer/family will volunteer for four activities over the course of the season. A list of examples of volunteer activities is appended.

If we do not have sufficient volunteers, then we will need to hire staff.

Given the limited number of volunteers over the past few years and to prepare for the need to hire administrative staff, the Club requires a \$200 deposit upon the athlete's registration in September. If the swimmer/family volunteers for four activities over the course of a season, the \$200 deposit will be returned at the end of the season. The amount returned will be pro-rated based on the number of volunteer activities completed (\$150 for 3 activities; \$100 for 2 activities; \$50 for 1 activity; \$0 for no activities).

Examples of volunteer activities:

- Take a volunteer shift at a swim meet (e.g., video recording, score keeping, announcing)
- Create club advertising materials
- Organize uniform purchases
- Serve on the Club's Executive Board
- Maintain the club website
- Organize or help organize a fundraising event
- Make travel arrangements for the coaches
- Organize a team-building event