



CANADIAN DOLPHIN
SWIM CLUB

NEW SWIMMER ASSESSMENTS **and** **SWIM ACADEMY**

The Canadian Dolphin Swim Club will be holding assessments as well as a Swim Academy for new swimmers at the Vancouver Aquatic Centre at 1050 Beach Avenue, underneath the north end of Burrard Street Bridge. There is direct access with a bus line that connects to the new Canada Line subway.

Assessments are free and will be done every weekday from September 7th through September 17th between 4:30 and 5:30 p.m.

The **Swim Academy** will run from September 7th to September 10th from 4:00 – 5:30 p.m. every day. The cost will be \$50 for the week, which will include a Canadian Dolphin Swim Club t-shirt and a cap.

Swim Academy structure:

Day one: introduction to coaches and swimmers and learn the basic kick and free style

Day two: introduction to Backstroke and review of day one

Day three: introduction to Breaststroke and review of last two days

Day four: introduction to Butterfly and review of last three days with a mini race based on swimmer's ability.

For more information, visit our website www.canadiandolphin.ca, contact us by email anytime at info@canadiandolphin.ca, or call the office after September 6th at (604) 684-7928.