



## Frequently Asked Questions

### Where and What time of day would the practices be?

- ❖ We practice at Westhill Pool, near Glenayre and College Park, from May until mid-June. In June the city of Port Moody opens Rocky Point Pool and we then swim at both pools. In May-June, we have pool time from about 4-6, usually split into two practices, one from 4-5 and then other from 5-6. The coaches will be working out the schedule as soon we know how many swimmers we have in each age bracket. In the summer, we always swim from 5-6, as the city gives us that hour of pool time, when the city lifeguards have their dinner break.
- ❖ We also have morning practices. Last year, in July and August, most groups had 2 morning practices 7:30-8:30am and 2-4 evening practices, 5-6pm.

### What do my fees include?

- ❖ The basic fee for one event is \$450. This includes 4-5 practices a week, swim meet registrations and a fundraising fee of \$100.
  - (\$350 basic fee + \$100 fundraising = \$450 total)
- ❖ In May, all athletes will be given a book of raffle tickets that they may choose to fill in with their own name or sell to family, friends, work colleagues and anyone else they can catch! Any money collected for the raffle tickets can be kept by the family to recoup the \$100 fundraising fee.
- ❖ If an athlete wishes to participate in two sports (you can choose from swimming, water polo or diving) there is an additional \$75 fee per additional sport.
- ❖ For those families with 3 or more children, the first two children are \$450. Any others are only \$75 more per child.

### What sort of time commitment is required?

- ❖ Generally, the time commitment increases as we get closer to the summer. Practices begin in the middle of May, and while the coaches have not officially made the schedule yet, most groups practice Monday-Friday for about an hour a day. By mid-June swim meets begin on the weekends. Depending on how ready the swimmers are, they may be competing in those meets.



- ❖ That being said, most kids are involved in other things in May. My son plays lacrosse and my daughter is involved in musical theatre, so while they have 5 practices per week in May and June, we try to make 3-4. Most families are like ours and are balancing swimming, baseball, lacrosse, piano lessons etc. until summer starts.

### **How many practices per week would there be for a 5 year old and 7 year old?**

- ❖ **In order to join our development program, swimmers must be able to swim one length of the pool.** It doesn't have to be pretty, they just have to be able to get themselves from one end to the other. Development swimmers generally have 4-5 practices per week and may be ready to swim in development swim meets. These are usually Friday evenings from about 4-7pm. The Coquitlam Sharks and PMA run development meets and sometimes the Burnaby clubs will hold them as well.
- ❖ If your child is not yet ready for development, they can join Aquasplashers. It is designed more for introduction to swimming. Kids will do a lot of play and games in the small toddler pool at Westhill. The coaches will work on floats, kicking and comfort in deep water. Aquasplashers is 3 times a week for about 45 minutes.