



2018-2019

The Dollard Swim Club is one of the largest swimming clubs in Canada and each of our swimmers will be given the opportunity to "Be the best that you can be" and to become a better person in the process. From the swimmer who attends his/ her first competition to the finalist at the Canadian National Championships, our competitive program develops and trains them all!

OUR GOAL

The primary objective of the Dollard Swim Club is to provide an opportunity for each of its swimmers to attain his/her maximum potential in competitive swimming. In pursuing this goal, it is our belief that each swimmer will derive significant benefits in the area of:

- ✓ Character development
- ✓ Understanding the value of hard work and commitment
- ✓ Learning to contribute to a team effort
- ✓ Personal satisfaction
- ✓ Satisfaction of success

WEEKLY TRAINING SCHEDULE AND FEES

Groups	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Fees
SENIOR	4pm-6pm	±5:30am-7am 4pm-6pm	4pm-6pm 6:15pm-7pm	±5:30am-7am 4pm-6pm 6:15pm-7pm	4pm-6pm	6am-8:30am	/	Inscr. / Reg.: \$1450* Club: \$350 / Comp: \$500 TOTAL : \$2300 *Tx included
SENIOR B	/	/	7:30-8:30pm	7:30-8:30pm	5:15pm-6pm 6pm-7:30pm	6am-8:30am 8:45-9:30am	5:30pm-7pm	Inscr. / Reg : \$1165* Club: \$225 / Comp: \$250 TOTAL : \$1640 *Tx included
1A	4pm-6pm	4pm-6pm	4pm-6pm 6:15pm-7pm	4pm-6pm 6:15pm-7pm	4pm-6pm	6am-8:30am	/	Inscr. / Reg : \$1260 Club: \$350 / Comp: \$475 TOTAL : \$2085
1B	5:15pm-6pm 6pm-7:30pm	6pm-7:30pm	6pm-7:30pm	6pm-7:30pm	/	6am-8:00am 8:00-8:45am	/	Inscr. / Reg : \$1145 Club: \$275 / Comp: \$425 TOTAL : \$1845
2A	5:15pm-6pm 6pm-7:30pm	6pm-7:30pm	6pm-7:30pm	6pm-7:30pm	/	6am-8:00am 8:00-8:45am	/	Inscr. / Reg : \$1145 Club: \$275 / Comp: \$425 TOTAL : \$1845
2B	5:15pm-6pm 6pm-7:30pm	6pm-7:30pm	6pm-7:30pm	6pm-7:30pm	/	6am-8:00am 8:00-8:45am	/	Inscr. / Reg : \$1145 Club: \$275 / Comp: \$425 TOTAL : \$1845
2C	4:30pm-6pm	/	/	7pm-7:30pm 7:30-8:30pm	/	3pm-3:45pm 4pm-5:30pm	5:30pm-7pm	Inscr. / Reg : \$935 Club: \$225 / Comp: \$225 TOTAL : \$1385
D1	/	6pm-7:30pm	/	4:30pm-6pm	6pm-7:30pm	/	3pm-3:45pm 4pm-5:30pm	Inscr. / Reg : \$935 Club: \$225 / Comp: \$225 TOTAL : \$1385
D2	/	4:30pm-6pm	/	/	6pm-7:30pm	/	3pm-3:45pm 4pm-5:30pm	Inscr. / Reg : \$790 Club: \$225 / Comp: \$225 TOTAL : \$1240
D3	6pm-7:30pm	/	/	/	6pm-7:30pm	4:30-5:15pm 5:30pm-7pm	/	Inscr. / Reg : \$790 Club: \$225 / Comp: \$175 TOTAL : \$1190
D4	6pm-7:30pm	/	/	/	6pm-7:30pm	4:30-5:15pm 5:30pm-7pm	/	Inscr. / Reg : \$790 Club: \$225 / Comp: \$175 TOTAL : \$1190
D5	/	/	/	/	6pm-7:00pm	4pm-5:00pm	5:30-6:30pm	Inscr. / Reg : \$615 Club: \$200 / Comp: \$175 TOTAL : \$990
Pre-Dev. 1	/	/	/	6pm-6:45pm	/	5:45-6:30pm	/	Inscr. / Reg : \$350 Club: \$200 / Comp: \$175 TOTAL : \$725
Pre-Dev. 2	/	/	/	6:45-7:30pm	/	5:00-5:45pm	/	Inscr. / Reg : \$350 Club: \$200 / Comp: \$175 TOTAL : \$725

YOGA SESSIONS HELD IN DOLLARD-DES-ORMEAUX AQUATIC CENTRE GYM

DRY LAND SESSIONS (APPROPRIATE ATTIRE REQUIRED)

NOTE: The progress of each swimmer is evaluated during competitions that are MANDATORY since they are an integral part of training.

For more information please consult the website: www.ddoswim.com

Le club de Natation Dollard est un des plus grands clubs de natation au Canada. Chacun de nos nageurs a l'opportunité de devenir un meilleur individu en développant son plein potentiel par la pratique de la natation compétitive. Notre programme de compétition s'adresse à toutes les catégories, soit des débutants jusqu'aux finalistes au Championnat natation canadien.

NOTRE OBEJECTIF

L'objectif principal du Club de Natation Dollard est d'aider chacun de ses nageurs à développer son plein potentiel en nage de compétition. Nous croyons fermement que cet objectif permet à chaque nageur de bénéficier d'une amélioration dans les domaines suivants :

- ✓ Maturité de caractère
- ✓ Comprendre la valeur de l'effort et de l'engagement inconditionnel
- ✓ Apprendre à contribuer à l'effort d'équipe
- ✓ Satisfaction personnelle
- ✓ Satisfaction de la réussite

HORAIRE HEBDOMADAIRE D'ENTRAÎNEMENT ET FRAIS

Groupes	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche	Frais
SENIOR	16h-18h	±5h30-7h 16h-18h	16h-18h 18h15-19h	±5h30-7h 16h-18h 18h15-19h	16h-18h	6h-8h30	/	Inscr. / Reg.: \$1450* Club: \$350 / Comp: \$500 TOTAL : \$2300 *Taxes incluses
SENIOR B	/	/	19h30-20h30	19h30-20h30	17h15-18h 18h-19h30	6h-8h30 8h45-9h30	17h30-19h	Inscr. / Reg : \$1165* Club: \$225 / Comp: \$250 TOTAL : \$1640 *Taxes incluses
1A	16h-18h	16h-18h	16h-18h 18h15-19h	16h-18h 18h15-19h	16h-18h	6h-8h30	/	Inscr. / Reg : \$1260 Club: \$350 / Comp: \$475 TOTAL : \$2085
1B	17h15-18h 18h-19h30	18h-19h30	18h-19h30	18h-19h30	/	6h-8h 8h-8h45	/	Inscr. / Reg : \$1145 Club: \$275 / Comp: \$425 TOTAL : \$1845
2A	17h15-18h 18h-19h30	18h-19h30	18h-19h30	18h-19h30	/	6h-8h 8h-8h45	/	Inscr. / Reg : \$1145 Club: \$275 / Comp: \$425 TOTAL : \$1845
2B	17h15-18h 18h-19h30	18h-19h30	18h-19h30	18h-19h30	/	6h-8h 8h-8h45	/	Inscr. / Reg : \$1145 Club: \$275 / Comp: \$425 TOTAL : \$1845
2C	16h30-18h	/	/	19h-19h30 19h30-20h30	/	15h-15h45 16h-17h30	17h30-19h	Inscr. / Reg : \$935 Club: \$225 / Comp: \$225 TOTAL : \$1385
D1	/	18h-19h30	/	16h30-18h	18h-19h30	/	15h-15h45 16h-17h30	Inscr. / Reg : \$935 Club: \$225 / Comp: \$225 TOTAL : \$1385
D2	/	16h30-18h	/	/	18h-19h30	/	15h-15h45 16h-17h30	Inscr. / Reg : \$790 Club: \$225 / Comp: \$225 TOTAL : \$1240
D3	18h-19h30	/	/	/	18h-19h30	16h30-17h15 17h30-19h	/	Inscr. / Reg : \$790 Club: \$225 / Comp: \$175 TOTAL : \$1190
D4	18h-19h30	/	/	/	18h-19h30	16h30-17h15 17h30-19h	/	Inscr. / Reg : \$790 Club: \$225 / Comp: \$175 TOTAL : \$1190
D5	/	/	/	/	18h-19h	16h-17h	17h30-18h30	Inscr. / Reg : \$615 Club: \$200 / Comp: \$175 TOTAL : \$990
Pre-Dev. 1	/	/	/	18h-18h45	/	17h45-18h30	/	Inscr. / Reg : \$350 Club: \$200 / Comp: \$175 TOTAL : \$725
Pre-Dev. 2	/	/	/	18h45-19h30	/	17h-17h45	/	Inscr. / Reg : \$350 Club: \$200 / Comp: \$175 TOTAL : \$725

SÉANCE DE YOGA DANS LE GYMNASSE DU CENTRE AQUATIQUE DE DOLLARD-DES-ORMEAUX

SÉANCE D'EXERCICE À SEC (VÊTEMENTS DE SPORT OBLIGATOIRES)

À NOTER: Le progrès de chaque nageur est évalué durant les compétitions qui sont OBLIGATOIRES puisqu'elles sont une partie intégrale de l'entraînement.

Pour plus des amples renseignements veuillez consulter le site web : www.ddoswim.com