

AQUATIC TEAMS

SUMMER 2019



TEAM MISSION

The swimming and diving teams of Town of Mount Royal train every week and participate in competitions against other aquatic teams. Our teams have performed remarkably, standing out in the NAA division. Proud of these accomplishments, the Piranhas team aims to develop team spirit, perseverance and especially to make sure all our athletes have fun!



The participation and commitment of the parents in the activities is necessary to ensure the success of our teams. Like our athletes, it is important parents value team spirit, discipline and respect.

IMPORTANT INFORMATION

First meeting: **June 21st from 19:00 to 20:30**

Participation in the competitions is mandatory. Participants must partake in a minimum of **two competitions**.

Transportation by bus is provided to and from swimming competitions.

We ask that each family offer a minimum of **8 hours of volunteering** (participation in two complete events).

Participants will receive a t-shirt for each team and a complimentary bathing cap.

PREREQUISITES

SWIMMING	DIVING
6-8 yrs: swim crawl and back crawl nonstop for 25m, comfortable in deep water.	Completion of Red Cross Junior 4 level, comfortable in deep water.
9 yrs and over: swim crawl and back crawl nonstop for 50m, comfortable in deep water.	

TRAINING SCHEDULE

	SWIMMING	DIVING
Pre-season training June 10 to 21	<i>Monday to Friday</i> 6 to 10 yrs: 17:00 to 18:00 11 to 15 yrs: 18:00 to 19:00	<i>Monday to Friday</i> 17:00 to 18:00
PRE-SEASON PRICING	6 to 14 years: \$50 15 years and over: \$60	
Regular Season June 24 to August 9	<i>Monday, Tuesday, Wednesday, Friday</i> <u>Morning:</u> 6 to 12 yrs: 8:00 to 9:00 13 yrs and over: 11:15 to 12:15 <u>Evening:</u> 8 yrs and over: 18:00 to 19:00 Wednesday trainings are in the morning. The time depends on the age of the participant. Wednesdays at 17:00	<i>Tuesday, Thursday, Friday</i> 17:00 to 18:15 <i>Mondays at 17:00</i>
REGULAR SEASON PRICING	6 to 14 yrs: \$125 15 yrs and over: \$145	6 to 14 yrs: \$110 15 yrs and over: \$125
*\$20 discount on a second team (regular season only)		

CONTACT US

Online registration on March 12 from 18:00 to 00:00

Outdoor Pool: 514 734-2948
Aquatic Supervisor: 514 734-2932

Visit our webpage:
www.piranhasvmr.com