



Glenmore Pool and Country Club Inc.
57 Windermere,
Dollard Des Ormeaux, QC H9A 2C5

Schedule of When Teams Start – 2009 Season:

The following is a list of the Teams/Times and Coaches, to join just show up at the time shown below (Subject to Change):

Teams / Leaders:

Team	When	Coaches
Swim Team (6 and Under) – Guppies	Monday June 22nd 12:30 – 1:15PM Practices Monday, Tuesday, Thursday, Friday Meets: TBA	Stephanie/Jessica
Swim Team (Junior – 10 and Under)	Monday June 22nd 12:30 – 1:15PM Practices: Monday – Friday Meets: Wednesday Evenings	8 and Under – Chelsea/Haley/Kristiina 9+10 Alanna/Alex
Swim Team (Senior – 11 and Over)	Monday June 22nd 1:15 – 2:00PM Practices: Monday – Friday Meets: Wednesday Evenings	11+12 –Kristin/Alexxa 13+14 – John/Robbie Open – John/Robbie
Diving Team (Junior: 11 and under) (Intermediate: 12 – 14) Senior 15 +)	Monday June 22nd 5:30 - 6:30PM Practices: Monday / Thursday Competitions: Tuesday Nights	Stephanie/Jessica
Water Polo Team (All Teams)	Monday June 22nd 8:00 – 9:30AM Practices: Monday/ Wednesdays Games: Monday Nights	Chad/John/Alexxa (All Teams)
Synchro (All Teams)	Tryouts: Saturday – June 13th 10:00 – 12:00 Practices – Fridays / Saturdays Meets – See August Calendar	Alanna/Chelsea/Kristiina/ Janelle/Haley
Leaders/Parents Meeting	Saturday, June 20th 12:00 PM (Subject to Change)	John/Steph/Chelsea
Bronze Medallion and Cross	Monday – June 22nd 9:30 – 10:30 Sessions: Theory: Mon. / Wed.9: 30 AM Water: Tue 8:00 PM	Chad
Master Swim	Begins: Tuesday, June 23rd Tuesdays/Thursdays/Sundays 6:30 – 7:30	Alex/Kristin