



Glenmore's Teams = A Summer of Fun!!

Glenmore Pool has a variety of teams available for all interests and all ages!

These teams consist of: Swim Team, Water polo, Diving and Synchronized Swimming.

Swim Team; 6 categories available.

6 and under: can't swim yet? That's okay; our lifeguards and leaders are in the pool to help the kids along! Practices are 12:30 - 1:00pm Mondays, Tuesdays, Thursdays and Fridays. There will be a Fun Meet in the season for this age group, with great games and prizes! You've got to see it!!

8 and under: still doggie paddling? That's okay; you'll be flying down the lanes by summer's end! (level 5 or higher). Practices are 12:30 - 1:15 pm Monday through Friday. There are 5 Swim meets during the regular season, on Wednesday evenings, either at Glenmore or other pools in the N.A.A.* Full fun intro to competition! At the end of the regular season, those who have participated in at least 2 regular swim meets may swim in the Time Trials*. Those who qualify at Time Trials may swim in the Finals*.

9 and 10: a little harder now! 2 laps!! But you can do it!!! Practices are 12:30 - 1:15pm Monday through Friday. Swim team 8 and under applies. Fun, skill improvement, competitive edge.

11 and 12: You're moving up! Practices are 1:15 - 2:00pm Monday through Friday. Swim team 8 and under applies. Compete and have fun at the same time!

13 and 14: you are there! Set the example!! Practices are 1:15 - 2:00pm Monday through Friday. Swim team 8 and under applies. Compete, have fun, do great!!



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15 and over: Moms, Dads, this one is for you, too! Practices are 1:15 – 2:00pm Mondays through Fridays. Swim team 8 and under applies. Never too old to swim an extra lap!!

Personal Best Program: at Glenmore, we love to compete! Sometimes our swimmers win, and sometimes they don't. No matter what, all participants are winners to us, because we get points for every lane we fill in a race. Our coaches want to encourage the very best from each swimmer and will help them achieve their own personal improvement. A chart will indicate which swimmers improved on their time from one swim meet to the next.

Swim Meets: Each Wednesday starting at 5:30pm. 2 pools get together to out cheer and out swim each other.

Parent Participation: As well as cheering on your kids, your help ***is required*** at the swim meets, both at Glenmore and away. All swim meets are run almost exclusively by volunteers and Glenmore, like all pools, must supply their own help or face penalties or disqualification!

* North Shore Aquatic Association: oversees regulations for competitions for all member pools.

* Time Trials: **Time trials are held in all 3 divisions (A, B & C) on the same date and thereafter all of the times involved from the 18 pools in the NAA are compiled to determine those eligible for the finals.**

- **At the end of the regular season, those who have participated in at least 2 regular swim meets may qualify to swim in the Time Trials**
- From our 10 and under swim teams, 3 swimmers from each age group will be chosen to compete in each event, as well as 2 relay teams. From our 11 and up teams, 2 swimmers are chosen per event and 1 relay team.



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*Finals: Only 2 swimmers for each event will participate in the finals, if they qualify in the top 12 overall **from the 18 pools, which compete in the Time Trials**. Though your child may finish in the top 12, Glenmore can only send 2 swimmers per event, so he/she must finish with the best or second best time out of the other Glenmore swimmers.

To join the following teams children must have obtained Level 6 or the equivalent in swimming lessons.

Water polo teams: One of the fastest paced games around!! What is it? A water polo game consists of 4 to 7-minute periods in which you try to score on the other team, like in soccer, but with contact and using hands to pass the ball. 4 categories available; girls 14 and under, boys 14 and under, girls 16 and under and boys 16 and under. Practices are from 8:00 – 9:30am Mondays and Wednesdays, with games on Monday evenings. Ask about our Water Polo-A-Thon in July. Great fun!!

Diving: Tucks, Pikes? Not sure what or how? Why not join our diving team and learn how! Our coaches are here to teach even the faint of heart! Practices are 5:30 – 6:30pm Mondays and Tuesdays, Competitions are on Thursday evenings against other pools in our division.

Synchronized Swimming: For beginner to experienced swimmers, synchronized swimming is remarkable!! It's like ballet in water! Try-outs are posted on the June Schedule. All the girls will be placed on a team, is it pre-junior, junior or senior. As Practice times may vary, your Coaches will distribute these. There will be a preliminary (late July) and a final competition (mid August).

Lessons are offered for all our teams. If you are curious about a team, why not try a lesson! If you have any questions, our guards will be glad to answer them.



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Being part of a team at Glenmore is a great way for kids and adults to experience the full dynamics of pool life. A great introduction to competition while having fun at the same time.