



## Gold

Gold group trains 3 times per week. Sessions are 1 hour.

[One Swimmer Family or First Swimmer Families](#)  
[Second, Third and Fourth Swimmer Families](#)

ALL REQUIRED FORMS ARE FOUND ON THE WEST WEBSITE

[WWW.WESTSWIM.CA](http://WWW.WESTSWIM.CA)

- 1) REGISTRATION FORMS
- 2) SIGNED CODE OF CONDUCT
- 3) SIGNED PARENTAL VOLUNTEER AGREEMENT ALONG WITH THE \$500 CHEQUE MADE OUT TO 'WEST MEETS' DATED JUNE 30, 2024.  
OR  
SIGNED CREDIT CARD AUTHORIZATION

**YOUR REGISTRATION WILL NOT BE ACCEPTED UNLESS THE ABOVE REQUIREMENTS ARE MET.**

EQUIPMENT REQUIRED:

SWIM GOGGLES, PROPERLY SIZED KICKBOARD, PROPERLY SIZED PULLBOY, PROPERLY SIZED SWIM FINS, MESH BAG AND A REFILLABLE WATER BOTTLE

SWIM SUITS:

FEMALES: 1 PIECE SUITS

MALES: JAMMER OR BRIEF STYLE

EQUIPMENT AVAILABLE AT

LY SPORTS

1315 WYANDOTTE STREET EAST