



Silver

Silver group trains for 1 hour, 2 times per week.

[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

- 1) REGISTRATION FORMS
- 2) SIGNED CODE OF CONDUCT

**YOUR REGISTRATION WILL NOT BE ACCEPTED UNLESS
ALL 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

MALES : JAMMER OR BRIEF STYLE

EQUIPMENT AVAILABLE AT

LY SPORTS

1315 WYANDOTTE STREET EAST