

## REGISTRATION & CONTACT INFORMATION

### *Why Swimming and Why the Calgary Dolphins?*

-  Successful participation enriches the physical and emotional well being of the individual
-  Builds the foundation for an active and healthy lifestyle
-  Positive circle of friends with similar interests
-  Comprehensive training program that recognizes the unique learning styles of the individual

Swim meets, special events, club activities, all organized by a dynamic parent run organization.

The season runs from September to May. Three practices per week (Tuesday, Wednesday or Friday, Saturday) for a total of four hours of training per week.

For more information or to register contact:  
Janice Patterson (President) at  
278-1709  
mbpatter@telusplanet.net  
www.calgarydolphins.com

## THE CALGARY DOLPHINS SWIM CLUB

Registered in Alberta under the Societies Act as a non-profit organization

Registered with Canada Revenue Agency as a registered charity

Member Club with Swim Alberta

### *Thanks for Continued Support:*

Spolumbo's

DML Photography

### *Thanks for Past Support:*

Concorde Maintenance Inc.

JBM Enterprises Ltd.

National Sport Development



## HISTORY & BACKGROUND

The concept of a Learn to Swim and Training program for youths and young adults with Down syndrome was the research initiative of Amanda Casey, a Doctorial student with the University of Calgary, Kinesiology Department. It first started as a pilot study involving three adolescents. The success of the Pilot study prompted the expansion to a larger study with thirty participants. At the end, all participants not only met the minimum standard to survive in water, but they were able to freestyle swim 500 meters, which indicated their ability to train. The study showed that people with Down syndrome can achieve a high standard of performance if the opportunity is provided.

The competitive swim club was established in 2005 to build on that training success. Our club is a parent-run not for profit organization. The Club provides a competitive training environment appropriately modified to meet each swimmers unique abilities and challenges to ensure each swimmers' success. Lower Swimmer:Coach ratios ensure each swimmer can reach their optimum potential.

## MISSION STATEMENT

The Calgary Dolphins Swim Club is a swim club for youths and young adults with Down syndrome. The Club enhances physical therapy through the swimming program to increase mobility, endurance, and overall fitness levels. The Club fosters personal improvement (both physical and well-being) and success in a positive team environment, and promotes development of the athlete in the four competitive swimming strokes. The swim club provides opportunities for skill development and competition, at all levels, with other swimmers and clubs within Alberta.



*Calgary  
Dolphins*  
SWIM CLUB

## ADDITIONAL BENEFITS

Our club offers something for every swimmer, no matter the ability. Our programs include a “Learn to Swim” and a “Competitive Training” element, all run by accredited coaching staff.

Swim Meets, special events and summer camps are all organized and run by parents and coaches.

The Calgary Dolphins Swim Club integrates within the community through a shared swim practice with the YMCA Heritage Swim Club. This provides both clubs the ability to learn.

In 2006, The Varsity Club of Toronto came out to Calgary to participate in our first summer training camp. Thirty swimmers from both clubs practiced their swimming skills in a week long camp which was interspersed with many fun social events.

Students from the University of Calgary and Mount Royal College provide the Club with valuable volunteer staff.