



# The Port Moody Aquarians Summer Swim Club Frequently Asked Questions (FAQs)

## Practices

### Where will practices be held?

PMA practices are held at both Westhill and Rocky Point Pools in Port Moody.

### What do swimmers need to bring to practices?

All practices start with a warm up and are rain or shine. Items to bring:

- **Swimsuit:** are generally made of polyester, nylon, Lycra or stretch nylon. It is desirable to have both a practice suit and a competition suit, as the practice suit would ideally be more durable but consequently heavier. The competition suit should only be worn for racing so as to keep it tight fitting and streamlined.
- **Towel:** usually prefer a thick, large beach towel.
- **Goggles:** Lenses worn by swimmers during practice and competition to enhance vision and protect their eyes from the effects of chemicals in the water. It is essential to get good quality goggles with an excellent fit. Try them on before you buy, not all goggles fit the same!
- **Swim cap:** A latex or silicone swim cap is used to cut down resistance and to protect swimmer's hair from the damaging effects of chlorine.
- Water bottle
- Runners & athletic clothing and runners for warm up

Other items swimmers like to have are a swim bag, swim parka, kickboard, pull and fins. Team Aquatic Supplies (TAS) in North Vancouver offers a discount (Shark Card) on swim gear to PMA registered swimmers.

### Do swimmers need to attend all practice?

Practices for this group are generally scheduled for 5 to 7 times per week. To steadily improve their swim skills, swimmers are encouraged but not required to attend every practice.

### Does my son need to wear swim briefs (Speedo)?

If your child feels uncomfortable wearing a Speedo, they may wear jammers. Please do not send your child in swim trunks, they will drag in the water causing your child to tire quickly. They also cause chaffing.