

What every parent should know about Swim Meets...

It can be a long day so bring...

- o a lunch and snacks
- o a newspaper /magazines
- o your favourite book
- o a deck of cards
- o work
- o laptop (there usually is no internet service)
- o pillow to sit on
- o bleacher chair
- o electronic gadgets, colouring books, etc for siblings that may be attending
- o Shorts and flip flops, if you don't like the heat...

Other must haves...

- Cash- swim Meet programs cost anywhere from \$3-\$25 (depending on the swim meet)
- highlighter to highlight when your child swims
- Pen to write your child's swim times

Pan Am Pool (Training & Main Tank): 25 Poseidon Bay, Winnipeg

- Robin's Donuts located on the first floor
- Change rooms are located on the first floor

Note: Chairs are not permitted in the training and main tank and therefore seating is available on the bleachers or by the wall (training tank)

(Yep! If you don't like sitting on the bleachers in the training tank, you have to sit on the floor)

Brandon: 30 Knowlton Drive

- Bleacher seating
- Chairs are permitted along the wall but you'll have to arrive early to get a spot
- Canteen is available
- Change rooms are located on the lower level

Selkirk: (located in the Lord Selkirk Regional Comprehensive High School) 221 Mercy St.

- Bleacher seating
- Swimming club runs their own mini-canteen

Kenora: 18 Mike Richards Way

- Gallery viewing (very hot!)
- Seating area-arrive early to get a spot
- No seating in the pool area
- Canteen available