

Virtual Program & Team Building		A Package	B Package	C. Package
		100% of your Monthly Fees	50% of your Monthly Fees	25% of your Monthly Fees
1	Daily Training workout	✓	✓	✓
	Available online			
	Different every 2 weeks			
	Different by level (Prospect / Junior / Elite)			
2	Group Live Workout (Daily)	✓	X	X
	10:00am Yoga			
	4:00pm Dry Land			
3	Group Meeting (60min-90min)	✓	✓	✓
	Every week			
	Workout Follow-up and to stay connected			
4	One on one meeting (45min-60min)	✓	X	X
	1 Meeting every 2 weeks			
	Goal setting: Short Term, Mid and Long Term			
	Individual Workout and needs Follow-up			
5	Conference (60min)	✓	X	X
	Life-Management			
	Nutrition			
	Mental Health			
	High Performance Athletes Share Stories			
6	Stroke Clinic (60 min)	✓	✓	X
	Once a week			
	One Stroke every week			
7	Stroke Analysis (30min-45min)	✓	X	X
	Individual and Group			
8	Group Swimming Project	✓	✓	X
	Mixed groups from each squad			
	Each group will do a research on a specific topic			
	Each group will do presentation at the end of April			
9	DolphinsFit Cross Canada Challenge	✓	✓	✓
	Mixed groups from each squad			
	The Goal is to complete 5514km			
	Members can Walk, Run or Bike			
10	Team Online Game night	✓	✓	X