



WEEKLY NEWSLETTER

Friday, March 28, 2025

Upcoming Events

Marlins Spring IceBreaker – March 29

Lasers Bridge City Spring Classic – April 10-13

Michelle Moore Invitational – May 9-11

Marlins Spring IceBreaker

Marlins Spring IceBreaker meet is this Saturday at the Lawson Aquatic Centre. Good luck to all 74 RODS swimmers attending. Heat sheets and Psych sheets are posted to the events page.

[Meet Schedule](#)

Finis Pullbuoys Available

For any Intro to Competitive swimmers who do not have a pullbuoy yet, there will be a limited number of junior size Finis pullbuoys available for purchase at the U of R pool next week.



Regina Optimist Dolphins Swim Team

Mailing Address: 355-4246 Albert Street, Regina SK S4S 3R9

Office Address: 1717 Elphinstone Street, Regina

Email: office@reginadolphins.com Phone: 306-586-3909



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Fundraising Opportunities

Bingos for April and May are posted to the events page. Sign up for Bingo shifts at Fantasyland Bingo at 2029 Park Street and earn \$14 per hour towards your swim account.

[Team Events](#)

RODS Online 50/50 Cash Raffle

Purchase your tickets to support the team and help our RODS swimmers achieve their goals! The draw will be made on Sunday, May 11 at the Michelle Moore Invitational meet. Please share with your family and friends. Current total is \$1705.00!

<https://www.rafflebox.ca/raffle/rods>



April Schedules

April schedules are posted to the website [Training Schedules](#)

Take note of schedule change to **Friday, April 18.**

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Upcoming Events

Lasers Bridge City Spring Classic

Shaw Centre, Saskatoon

April 10-13

Michelle Moore Invitational

Lawson Aquatic Centre, Regina

RODS hosted event, parents please be available to help officiate

May 9-11

Mel Zajac International Swim Meet

UBC, Vancouver

May 15-19

CSI

MNP Centre, Calgary

Mel Zajac swimmers are welcome to sign up if they would like to attend both meets

May 28-June 2

Anna Rondeau Challenge and Time Trial

Lawson Aquatic Centre, Regina

June 8

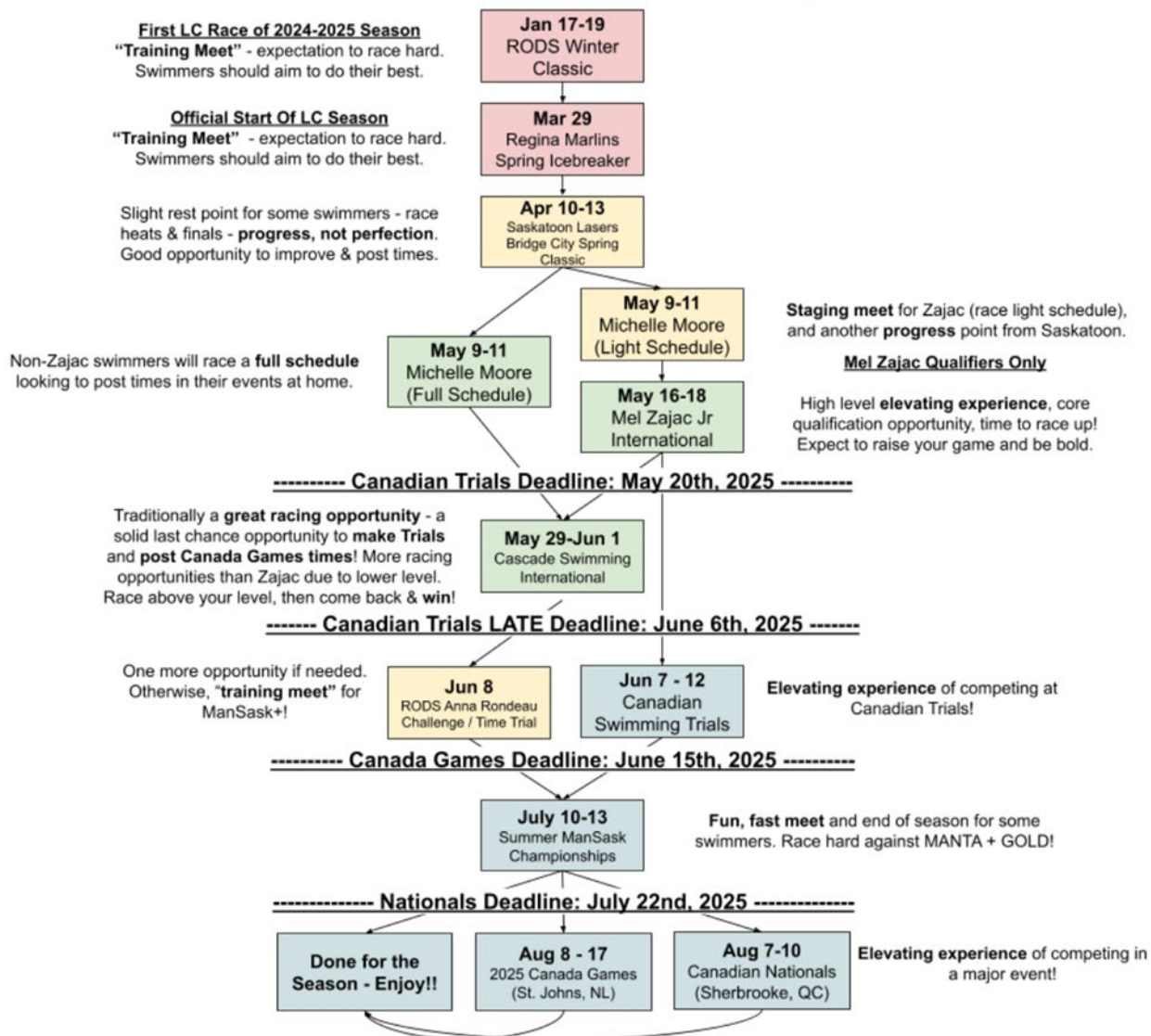
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2025 RODS Canada Games Qualification Pathway



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SASK LOTTERIES



REGINA RETINA CENTRE
Dr. Renatta Varma, MD, FRCS
Eye Physician & Surgeon



Downtowners
OPTIMIST CLUB



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THANK YOU TO OUR TEAM SPONSORS

balloon bar
YQR



chop
STEAKHOUSE BAR

Tim Hortons



VANCHA
AV INNOVATIONS

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