

## RIDGE MEADOWS SWIM CLUB

# SUMMER SKILLS

6-18 Years Old

Session #1

Sept 16th - Dec 8th

2 hours per week



### Program Fees

Session Training Fee  
**\$350.00**

<p><b>Swimmer Membership Fee</b> <b>(per swimmer)</b> NON-REFUNDABLE. Includes RMSC t-shirt and RMSC Silicone Cap.</p>	<b>\$100.00</b>
<p><b>Swim BC Registration Fee</b> <b>(per swimmer)</b> NON-REFUNDABLE. charged at time of registration.</p>	<b>\$53.00</b>

**Swimmers participating in the Summer Skills program will be assessed and placed into one of the RMSC competitive programs based on their assessment results or their 2024 BCSSA performance. Once placed, families should work directly with the group coach to establish a weekly training schedule, which will consist of 2 hours of coached training each week. If you need to adjust your swimmer's weekly schedule during the session, please contact your group coach to discuss the changes.**

RMSC families with multiple athletes registered with the club will receive a 10% discount on the yearly/session training fees on each additional member registered with the club.

**GROWTH - BOLDNESS - INTEGRITY  
COMMUNITY - COMPASSION**

### Group Description

Swimmers that register for this program need to be members of a BCSSA summer swim program, and are looking to develop their skills and make technical gains during the winter. The skills that the swimmers develop during the winter will support their summer training and performance. This would also be a great program for any artistic swimming, diving or water polo athletes who would like to develop their swim skills! This program will adhere to the BCSSA rules laid out to maintain a swimmers "S" designation.

Please note: Due to a change in rules within the BCSSA organization, Summer Skills athletes will not be allowed to compete in a Swim BC sanctioned competition without changing their "S" status to an "O" status. For more information on the rule changes, please head to the link below: