

TITANS SWIM SCHOOL

Program Description: The Titans Swim School is a pre-competitive program that will teach your swimmers the skills they need to one day become a Ridge Meadows Swim Club athlete. It is also a different option in our community to develop your swimmers skills and comfortability in the pool, with the focus being on developing the building blocks of all four strokes.

Target Age: 6-12 years old as of March 2, 2023

Pre-requisites: able to swim 10 meters in any style, and is comfortable in deep water.

Required Equipment: Goggles, and RMSC swim cap for swimmers with hair past their ears, 1 piece swimsuit for female athletes, and a jammer or speedo style suit is preferred for male athletes.

Sessions: The Titans Swim School groups will run during four sessions this season. The dates for Session #3 are below. Swimmers will need to register for each session separately if they would like to swim with RMSC from September 2023 to July 2024

Session # 4 -Level 1, Level 2, Level 3 and Titans Prep

6 Weeks

July 3rd - August 18th

Schedule:

*All practices take place at the Maple Ridge Leisure Centre, 11925 Haney Pl, Maple Ridge, BC V2X 6G2. *Please note: Swimmers will not be allowed to sign up for 2 sessions of the same level on the same day of the week.*

TSS LEVEL 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM							
PM					3:00-3:30		

TSS LEVEL 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM							
PM					4:15-5:00		

TSS L3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM						10:45-11:30	
PM					3:30-4:15		

TITANS PREP

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM						9:45-10:45	
PM			3:45-4:45				

Cost for Group:

Session Fee*		
Level 1 (1x) - \$132.00	Level 2 and 3 (1x) - \$144.00 (2x) - \$198.00	Titans Prep (1x) - \$156.00 (2x) - \$216.00
Swimmer Registration Fee** (Includes RMSC T-shirt, cap)	\$60.00	
Optional addition of Speedo Goggles (Junior Hydrospex)	\$22.00	
Swim BC/Swimming Canada Registration	Included in session cost	

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

**The Swimmer Registration Fee will only be charged once per swimmer per season and is NON-REFUNDABLE.