

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**

8 Weeks

June 18th - August 18th

Session #4 MONDAYS

6 Weeks

June 24th to 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						8:30-9:00 9:15-9:45 10:00-10:30 11:00-11:30	8:45-9:15 9:15-9:45
PM	3:00-3:30 3:45-4:15	3:00-3:30 3:30-4:00 4:00-4:30 4:30-5:00	3:45-4:15 4:30-5:00	3:00-3:30 3:30-4:00	4:30-5:00		

TSS LEVEL 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM						8:30-9:15 9:00-9:45 9:15-10:00 9:30-10:15 10:30-11:15	10:45-11:30
PM	3:00-3:45 3:30-4:15	3:00-3:45 4:00-4:45	3:00-3:45 3:45-4:30 4:15-5:00	3:00-3:45			

TSS LEVEL 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM						8:30-9:15 9:45-10:30 10:15-11:00	
PM	4:15-5:00		3:00-3:45	3:45-4:30	3:00-3:45		

TITANS PREP

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM						8:30-9:30 10:30-11:30	9:45-10:45
PM					3:45-4:30		

Cost for Group:

Session Fee* <i>Please note: If you sign up for a Monday class, your fees will be prorated from 8 weeks to 6 weeks where applicable.</i>		
Level 1 (1x) - \$176.00 (2x) - \$240.00 (3x) - \$264.00	Level 2 and 3 (1x) - \$192.00 (2x) - \$264.00 (3x) - \$288.00	Titans Prep (1x) - \$208.00 (2x) - \$288.00 (3x) - \$312.00
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.