

# TITANS 1

Group Description: Tiny Titans 1 is the entry level group at the Ridge Meadows Swim Club. Swimmers learn the fundamental skills needed to develop in the sport of swimming and the building blocks of all four strokes. The focus is on creating a safe environment for swimmers to develop as an athlete as well as having fun at the pool in a group environment. Swimmers that join the group, have completed all 3 levels of the Titans Swim School, or are joining from another learn to swim program.

Target Age: 10 and under as of March 2nd, 2024

Pre-requisites: Swimmers entering this level are able to swim a 25m of Freestyle, Backstroke, Butterfly kick, and are able to do Breaststroke Kick holding on to or against the wall. Swimmers can also dive in the water and hold a streamline glide.

*Selection into this group is at the discretion of the Head Coach. The coaching staff reserve the right to accept swimmers that meet some, but not all the requirements for the group.*

Commitment: Swimmers in this group must be committed to the training program, including dryland, and are encouraged to attend racing opportunities that are organised by their group coach.

Required Equipment: Goggles, RMSC cap, RMSC Speedo Training Suit, RMSC Practice and Meet T-shirt, Water bottle, Kickboard, flippers, Mesh Equipment Bag.

Suggested Team Gear: RMSC Speedo Backpack

Schedule:

\*All practices take place at the Maple Ridge Leisure Center, 11925 Haney Pl, Maple Ridge, BC V2X 6G2. Families have the option of the 3 schedule options below.

## GROUP 1:

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM						10:45-11:30	
PM		5:15-6:00		5:15-6:00			

## GROUP 2:

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM							
PM	4:00-4:45		4:15-5:00		4:15-5:00		

**GROUP 3:**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15-6:00		5:15-6:00		5:15-6:00		

Please Note: The times listed above do not include any dryland or recovery sessions which will be scheduled throughout the week. Dryland and recovery sessions will be communicated to everyone at the beginning of the season.

*A reminder that starting on May 1st, 2024, RMSC shares the available training time at the MRLC with the summer club in the area. From May 1st, 2024, to the end of the season in June your swimmers training schedule may be adjusted due to the reduced pool space available at MRLC, as well as the addition of training time at Hammond Outdoor Pool. The change in schedule will be communicated to our RMSC families as soon as the new schedule is confirmed.*

**Cost for Group:**

<b>Yearly Group Training Fee*</b> \$1190.25	
<b>Option #1:</b> 8 Instalments charged on 15th of each month from September to April  \$148.78	<b>Option #2:</b> Pay full amount on September 15th and receive a 5% discount.  1130.74
<b>Swimmer Membership Fee**</b> (Includes 2xRMSC T-shirt, RMSC cap, and RMSC Speedo Training Suit)	\$140.00
<b>Fundraising Fee</b> (50% of fee is charged on September 30th, 2023)	\$100.00
<b>Membership Participation Fee</b> (Charged to account once MP points reconciled in June)	\$100.00
<b>Titans Competition Fee</b> (Includes fees for all Fast Fridays, Mini Meets, PASS Meets and RMSC competitions). Charged on September 15 <sup>th</sup> .	\$165.00
<b>Swim BC/Swimming Canada Registration***</b> *Age as of December 31 <sup>st</sup> , 2023	\$49.50

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

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

\*\*\*The Swim BC Registration Fee will be charged to your account on September 15<sup>th</sup>, 2023