

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: 6-11 years old as of March 2, 2023

Pre-requisites: able to swim 10 metres 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 #1 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 # 2 - 10 weeks

January 8th - March 18th

You can choose to attend 1, 2 or 3 x per week, depending on your schedule. Your swimmer will improve and develop faster the more sessions they are in the water throughout the week. The difference in cost can be found below!

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.*

LEVEL 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM						9:15-9:45	11:30-12:00 1:00-1:30
PM	3:00-3:30 3:45-4:15 4:45-5:15	3:00-3:30 3:30-4:00 4:00-4:30 4:45-5:15	3:00-3:30 3:45-4:15 5:00-5:30 5:30-6:00	4:00-4:30 5:30-6:00	4:30-5:00		

LEVEL 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM						8:30-9:15	
PM	3:00-3:45 3:30-4:15 5:00-5:45 5:15-6:00	4:00-4:45 4:30-5:15	3:00-3:45 3:30-4:15 5:15-6:00	3:00-3:45 4:00-4:45	3:00-3:45		11:30-12:15 12:00-12:45 12:15-1:00 12:15-1:00

LEVEL 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM							
PM	4:15-5:00	3:00-3:45	4:15-5:00	4:30-5:15 5:15-6:00	3:45-4:30		11:30-12:15 12:45-1:30

Cost for Group:

Session Fee*	
Level 1 (1x) - \$210.00 (2x) - \$250.00 (3x) – \$280.00	Level 2 and 3 (1x) - \$225.00 (2x) - \$265.00 (3x) – \$295.00
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.