

SENIOR FIT

Group Description: The Senior Fit group is a fitness-focused program designed for high school students. Swimming is one of the best forms of exercise and this a perfect program for teenagers who are focused on that or who are looking for a well rounded cross training program for other sports. This group offers fitness without the commitment asked for in the Competitive program.

Target Age: 14 and over as of March 1, 2022

Required Equipment: Goggles, HSSC cap, Waterbottle, Pull Buoy, Flippers, Mesh Equipment Bag.

Schedule:

*All practices take place at the Maple Ridge Leisure Centre, 11925 Haney Pl, Maple Ridge, BC V2X 6G2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM		5:30-7:15			5:30-7:15		
PM			3:00-5:00				

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.

The training schedule for each group may change throughout the season due to a change in availability at the pool. With any changes that may come up, we will communicate them to the membership as soon as possible.

Cost for Group:

Yearly Training Fee*	\$1540
Family Participation Fee	\$150
Monthly Group Fee (Training fee + Family Participation Fee)	\$1690 or \$169 per month
Family Membership Fee** (Includes your Duck Race Tickets and a team t-shirt and cap for each swi	\$150
Swim BC/Swimming Canada Registration*** *Age as of December 31 st , 2021	\$163.00 - 205.00

*For the 2021/22 season, Group Fees will be charged on a month-to-month basis starting on September 15th, 2021. If you would like to pay for the whole year upfront, please send an email to saraharudolf@gmail.com at the time of registration. Additional family members will receive 10% off the swim fees portion only.

**The Family Membership Fee will only be charged once per family.

***The Swim BC Registration Fee will be charged to your account on September 15th, 2021.