

## MASTERS

Group Description: The Masters group is a fitness-focused program designed for mature athletes who are looking to supplement training in other sports, competing in Triathlon, or would like to dive off the blocks as a Masters swimmer!. Swimming is one of the best forms of exercise and this a perfect program for all ages, whether you have a swimming background or are looking to develop your skills in the pool.

Target Age: 19 and older, as of March 2nd 2021

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	5:30-7:15		
PM							

*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:

Monthly Training Fee*	1xper week - \$52.00/month  2xper week - \$94.00/month  3xper week - \$126.00/month
Family Membership Fee** Includes Masters Swim BC Fee <i>If you have a swimmer in the club and are already paying the Family Membership Fee you will be charged the Masters Swim BC Fee separately</i>	\$150

\*For the 2021/22 season, Group Fees will be charged on a month-to-month basis starting on September 15<sup>th</sup>, 2021. If you would like to pay for the whole year upfront, please send an email to [headcoach@haneyswim.ca](mailto:headcoach@haneyswim.ca) at the time of registration.

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

\*\*\*The Swim BC Registration Fee will be charged to your account on September 15<sup>th</sup>, 2021.