

## High School Fitness

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: 15 and older, as of March 2nd 2023.

Required Equipment: Goggles, RMSC cap, RMSC Speedo Training Suit, 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	5:15-7:15	5:15-7:15		5:15-7:15			
PM							

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, 2023, RMSC shares the available training time at the MRLC with the summer club in the area. From May 1st, 2023, 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>	
\$1800.00	
<b>Option #1:</b> 10 Instalments charged on 15th of each month from September to April \$225.00	<b>Option #2:</b> Pay full amount on September 15th and receive a 5% discount \$1710.00
<b>Family Membership Fee**</b> (Includes RMSC T-shirt, cap, and RMSC Speedo Training Suit)	\$150.00
<b>Swim BC/Swimming Canada Registration***</b>	\$48.00

\*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 Family Membership Fee will only be charged once per account per season.

\*\*\*The Swim BC Registration Fee will be charged to your account on September 15<sup>th</sup>, 2022.