

SUMMER SKILLS

Group Description: The Summer Skills program is a new program for the 2022/23 season. Swimmers that register for this program need to be members of a BCSSA summer swim program, and are looking to develop their skills and make technical gains during the winter. The skills that the swimmers develop during the winter will support their summer training and performance. This would also be a great program for any artistic swimming, diving or water polo athletes who would like to develop their swim skills! This program will adhere to the BCSSA rules laid out to maintain a swimmers "S" designation.

Target Age: 6-18 years old as of March 2, 2023, and are a registered member of a BCSSA swim club.

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

Sessions: The Summer Skills groups will run during two sessions this season. The session dates are below. Swimmers will need to register for each session separately if they would like to swim with RMSC from September to May.

Session #1 - 12 weeks

September 19th - December 11th

Session # 2 - 12 weeks

January 16th - April 23rd

Schedule:

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

Summer Skills - 13 and Under

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM							
PM			4:00-5:00				1:00-2:00

Summer Skills - 14 and Over

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM							
PM				5:00-6:00			12:00-1:00

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, 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:

Session Fee* \$275.00	
Swimmer Registration Fee** (Includes RMSC T-shirt, capt)	\$50.00
Swim BC/Swimming Canada Registration*** *Age as of December 31 st , 2022	\$20.25

*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.

***The Swim BC Registration Fee is only charged once per swimmer per season.