

TITANS SWIM SCHOOL

Program Description: We are excited to introduce our Titans Swim School starting during the 2022/23 season. This pre-competitive program will teach your swimmers the skills they need to one day become a Ridge Meadows Swim Club athlete. It is also a different option on how 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: 6-12 years old as of March 2, 2023

Pre-requisites: able to swim 12.5 metres 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 three 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 June

Session #1 - 10 weeks

October 3rd - December 11th

Session # 2 - 10 weeks

January 9th - March 19th

Session # 3 - 10 weeks

April 3rd - May 11th

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. Families have the option of the 3 schedule options below.

30 minute session - 6, 7, 8 years old

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM							
PM	4:45-5:15	4:45-5:15	4:45-5:15	4:45-5:15			12:45-1:15

45 minute sessions - 9 and 10 years old

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM							
PM	4:00-4:45	4:00-4:45	4:00-4:45	4:00-4:45			12:00-12:45

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*	
30 minute sessions 6,7 and 8 years old (1x) - \$185.00 (2x) - \$225.00 (3x) - \$255.00	30 minute sessions 9 and 10 years old (1x) - \$200.00 (2x) - \$240.00 (3x) - \$270.00
Swimmer Registration Fee** (Includes RMSC T-shirt, cap)	\$50.00
Swim BC/Swimming Canada Registration*** <small>*Age as of December 31st, 2022</small>	\$49.00

*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 will be charged to your account on September 15th, 2022.