



SWIMFIT

The SwimFit group is our non competitive swim fitness group designed for those swimmers looking for less commitment than our other competitive options while still training with a qualified professional coach in a community of committed and inclusive athletes. Swimmers that will benefit from this program are current and past Goldfins swimmers, lifeguards looking to improve their swimming skills, triatheletes, and/or athletes from the other aquatic sports looking to improve their fitness (ie: artistic swimming and or water polo). Swimmers looking to stay in the water through the winter are also welcome to join Goldfins SwimFit!

Schedule and Fees (all swims at the Shaw Center)

- register for 2x, 3x or 4x per week Please email performancecoach@goldfins.ca for a free tryout.
- select from the following swim times, Monday, Wednesday, Friday 7:30-9:00 pm and Saturday 4:00-5:30 pm
- Monthly fee: 2x/week \$158.10, 3x/week \$238.68, 4x/week 318.24. A \$35 Swimming Canada Registration Fee (SNC) will be charged at registration.

Schedule Changes and Withdrawal from the Program

To request a schedule change or to withdraw, please email the Goldfins Office at [administration@goldfins.ca](mailto:administration@goldfins.ca). This “Official notice” is a 30-day notice given on the 1st of the month. All schedule changes and withdrawals will be changed/closed at the end of the month. Please do not give either written or verbal notice to the Coach(es), as this will not constitute “official notice” received by the Goldfins Office.

Outcome Goals

To foster a love of swimming and to help athlete transition from competitive swimming into being fit for life. For new members, the outcome will be to grow a love of swimming in a positive manner that will give them a sport for life.

MASTERS

The Masters Program is for adults 18 years and older. The swim season is for 10-months, September – June.

*Learn, train and have fun. Beginners welcome!*

Schedule and Fees (all swims at the Shaw Center)

- register for 1x, 2x, 3x or 4x per week
- select from the following swim times, Sunday (9:00-10:30am); Monday (9:00-10:00 pm); Wednesday (6:00-7:00 am); Thursday (6:00-7:00 am or 8:00-9:00 pm); Saturday (8:00-9:30 am)
- Monthly fee: 1x/week \$54.06; 2x/week \$81.60, 3x/week \$97.92, 4x/week \$108.12. A \$35 Swimming Canada Registration Fee (SNC) will be charged at registration.
- **Beginners: Monday,Thursday pm, Saturday am, we have lanes for you! If you are new or unsure of your skill level these are the swim times for you. There will be a dedicated coach on deck and in the water to help you start your swimming journey!**

Schedule Changes and Withdrawal from the Program

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POST-SECONDARY

A program for Goldfins members swimming outside of Saskatoon and attending University. Swimmers will be able to participate in training during holidays and will be supported with a training group May-August.

A \$300 non-refundable registration fee is due September 15 which includes an administration fee and training during holiday breaks.

Training Blocks for 2026 (\$351.90/4-week block)  
*Auto enrolment for April 28 unless notice received by April 1, 2026*

- April 27 – May 22
- May 25 – June 19
- June 22 – July 17
- July 20 – August 14

No pro-rating fees  
Does not include Dryland training with CSS

Withdrawal from Post-Secondary Program

If you would like to withdraw, “Official notice to withdraw” must be emailed to the Goldfins Office at [administration@goldfins.ca](mailto:administration@goldfins.ca). This “Official notice to withdraw” is a 30-day notice given on the 1st day of your current training block. Your registration will be closed at the end of the block. Please do not give either written or verbal notice to the Coach(es), as this will not constitute “official notice” received by the Goldfins Office.