

2023/24

**Ridge Meadows Swim Club
Training Groups Information**

NATIONAL DEVELOPMENT

Group Description: Swimmers in this group will be on a path towards high performance swimming at the Provincial and National level meets. Swimmers in this group are committed to competing at the Swim BC Provincial Championships and Western Canadian Championships, as well as working towards qualifying for the Canadian Junior Championships and Canadian Trials.

Target Age: 15 and over as of March 1, 2024

Pre-requisites: One Swim BC Provincial Time Standard. Must show commitment to the program and meet calendar, to the team and to their own continual improvement.

Selection into this group is at the discretion of the Head Coach. The coaching staff reserve the right to accept swimmers that meet some, but not all the requirements for the group.

Commitment: Swimmers in this group must be committed to the training program, including dryland and recovery sessions, as well as the meet schedule as it is laid out by the group coach.

Required Equipment: Goggles, RMSC cap, RMSC Speedo Training Suit, RMSC Practice and Meet T-shirt, Water bottle, Band, Pull Buoy, Flippers, Finger Paddles, Strokemaker Paddles, Finis Snorkel, Tempo Trainer Pro, Hockey Puck, Mesh Equipment Bag.

Suggested Team Gear: RMSC Team Jacket, RMSC Speedo Backpack, and Speedo Racing Suit

Dryland Programming: The National Development swimmers will be working with local fitness specialists and facilities throughout the season for their dryland training program. More information will be available closer to the start of the season.

Schedule:

*All practices take place at the Maple Ridge Leisure Center, 11925 Haney Pl, Maple Ridge, BC V2X 6G2

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----|-----------|-----------|-----------|-----------|-------------|-----------|--------|
| AM | 5:00-7:15 | | 5:00-7:15 | | 5:00-7:15 | 5:00-7:15 | |
| PM | 3:00-5:00 | 3:00-5:00 | | 3:00-5:00 | 3:00-5:00** | | |

**Friday PMs will alternate Boys and Girls by week, starting with the BOYS on October 6th

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, 2024, RMSC shares the available training time at the MRLC with the summer club in the area. From May 1st, 2024, 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:

| Yearly Group Training Fee* \$3392.50 | |
|----------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|
| Option #1: 8 Instalments charged on 15th of each month from September to April \$424.06 | Option #2: Pay full amount on September 15th and receive a 5% discount 3222.88 |
| Swimmer Membership Fee** (Includes 2xRMSC T-shirt, RMSC cap, and RMSC Speedo Training Suit) | \$140.00 |
| Fundraising Fee (50% of fee is charged on September 30th, 2023) | \$400.00 |
| Membership Participation Fee (Charged to account once MP points reconciled in June) | \$400.00 |
| Swim BC/Swimming Canada Registration*** *Age as of December 31 st , 2023 | \$207.50 |

*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 Swimmer Membership Fee will only be charged once per swimmer per season and is NON-REFUNDABLE.

***The Swim BC Registration Fee will be charged to your account on September 15th, 2023.

PROVINCIAL DEVELOPMENT

Group Description: Swimmers in this group are working towards performing at the Swim BC Divisional and Provincial Championships. Swimmers at this level are starting to commit to the sport of swimming and making choices that will take them to the next level in the sport.

Target Age: 13-16 years old as of March 2nd, 2024

Pre-requisites: 1 Swim BC Divisional. Must show commitment to the program, to the team and to continual improvement.

Selection into this group is at the discretion of the Head Coach. The coaching staff reserve the right to accept swimmers that meet some, but not all the requirements for the group.

Commitment: Swimmers in this group must be committed to the training program, including dryland and recovery sessions, as well as the meet schedule as it is laid out by the group coach.

Required Equipment: Goggles, RMSC cap, RMSC Speedo Training Suit, RMSC Practice and Meet T-shirt, Water bottle, Band, Pull Buoy, Flippers, Finger Paddles, Strokemaker Paddles, Finis Snorkel, Tempo Trainer Pro, Hockey Puck, Mesh Equipment Bag.

Suggested Team Gear: RMSC Team Jacket and RMSC Speedo Backpack

Dryland Programming: The Provincial Development swimmers will be working with local fitness specialists and facilities throughout the season for their dryland training program. More information will be available closer to the start of the season.

Schedule:

*All practices take place at the Maple Ridge Leisure Center, 11925 Haney Pl, Maple Ridge, BC V2X 6G2

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----|-----------|-----------|-----------|-----------|-----------|-----------|--------|
| AM | 5:00-7:15 | | | | 5:00-7:15 | 5:00-7:15 | |
| PM | | 5:00-6:00 | 3:00-4:30 | 3:00-5:00 | | | |

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, 2024, RMSC shares the available training time at the MRLC with the summer club in the area. From May 1st, 2024, 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:

| Yearly Group Training Fee* \$2967.00 | |
|----------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|
| Option #1: 8 Instalments charged on 15th of each month from September to April \$370.88 | Option #2: Pay full amount on September 15th and receive a 5% discount 2818.65 |
| Swimmer Membership Fee** (Includes 2xRMSC T-shirt, RMSC cap, and RMSC Speedo Training Suit) | \$140.00 |
| Fundraising Fee (50% of fee is charged on September 30th, 2023) | \$300.00 |
| Membership Participation Fee (Charged to account once MP points reconciled in June) | \$300.00 |
| Swim BC/Swimming Canada Registration*** *Age as of December 31 st , 2023 | \$165.50 - 207.50 |

*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 Swimmer Membership Fee will only be charged once per swimmer per season and is NON-REFUNDABLE.

***The Swim BC Registration Fee will be charged to your account on September 15th, 2023.

DIVISIONAL DEVELOPMENT

Group Description: Swimmers in this group will attend LMR level competitions and work towards performing at the Swim BC Divisionals Championships. Swimmers at this level have started to think about long term goals in the sport of swimming. Focus is on developing the athlete and the person in and out of the pool.

Target Age: 10 - 12 years old as of March 2nd, 2024

Pre-requisites: 200 IM time under 4:00 minutes and have shown dedication to the program, the meet calendar, the team and to their own continual improvement.

Selection into this group is at the discretion of the Head Coach. The coaching staff reserve the right to accept swimmers that meet some, but not all the requirements for the group.

Commitment: Swimmers in this group must be committed to the training program, including dryland and recovery sessions, and are encouraged to attend the meet schedule as it is laid out by the group coach.

Required Equipment: Goggles, RMSC cap, RMSC Speedo Training Suit, RMSC Practice and Meet T-shirt, Water bottle, Pull Buoy, Flippers, Finger Paddles, Finis Snorkel, Tempo Trainer Pro, Hockey Puck, Mesh Equipment Bag.

Suggested Team Gear: RMSC Team Jacket and RMSC Speedo Backpack

Schedule:

*All practices take place at the Maple Ridge Leisure Center, 11925 Haney Pl, Maple Ridge, BC V2X 6G2

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----|--------|-----------|-----------|-----------|-----------|-----------|--------|
| AM | | | | | | 7:00-8:30 | |
| PM | | 5:00-6:00 | 3:00-4:15 | 5:00-6:00 | 3:00-4:45 | | |

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, 2024, RMSC shares the available training time at the MRLC with the summer club in the area. From May 1st, 2024, 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:

| Yearly Group Training Fee* \$2328.75 | |
|----------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|
| Option #1: 8 Instalments charged on 15th of each month from September to April \$291.09 | Option #2: Pay full amount on September 15th and receive a 5% discount 2212.31 |
| Swimmer Membership Fee** (Includes 2xRMSC T-shirt, RMSC cap, and RMSC Speedo Training Suit) | \$140.00 |
| Fundraising Fee (50% of fee is charged on September 30th, 2023) | \$300.00 |
| Membership Participation Fee (Charged to account once MP points reconciled in June) | \$300.00 |
| Swim BC/Swimming Canada Registration*** *Age as of December 31 st , 2023 | \$165.50 - 207.50 |

*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 Swimmer Membership Fee will only be charged once per swimmer per season and is NON-REFUNDABLE.

***The Swim BC Registration Fee will be charged to your account on September 15th, 2023.

SENIOR COMPETITIVE

Group Description: Swimmers in this group will attend LMR level competitions and work towards performing at the Swim BC Divisionals Championships. Swimmers at this level have started to think about long term goals in the sport of swimming. Focus is on developing the athlete and the person in and out of the pool.

Target Age: 13-16 years old as of March 2nd, 2024

Pre-requisites: 200 IM time under 4:00 minutes and have shown dedication to the program, the meet calendar, the team and to their own continual improvement.

Selection into this group is at the discretion of the Head Coach. The coaching staff reserve the right to accept swimmers that meet some, but not all the requirements for the group.

Commitment: Swimmers in this group must be committed to the training program, including dryland and recovery sessions, as well as the meet schedule as it is laid out by the group coach.

Required Equipment: Goggles, RMSC cap, RMSC Speedo Training Suit, RMSC Practice and Meet T-shirt, Water bottle, Pull Buoy, Flippers, Finger Paddles, Finis Snorkel, Tempo Trainer Pro, Hockey Puck, Mesh Equipment Bag.

Suggested Team Gear: RMSC Team Jacket and RMSC Speedo Backpack

Schedule:

*All practices take place at the Maple Ridge Leisure Center, 11925 Haney Pl, Maple Ridge, BC V2X 6G2

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----|-----------|-----------|-----------|----------|-----------|------------------------------------------------|--------|
| AM | | 6:00-7:15 | | | | 8:30-10:00 (Girls) 10:00-11:30 (Boys) | |
| PM | 5:00-6:00 | | 4:30-6:00 | | 4:45-6:00 | | |

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, 2024, RMSC shares the available training time at the MRLC with the summer club in the area. From May 1st, 2024, 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:

| Yearly Group Training Fee* \$2328.75 | |
|----------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|
| Option #1: 8 Instalments charged on 15th of each month from September to April \$291.09 | Option #2: Pay full amount on September 15th and receive a 5% discount 2212.31 |
| Swimmer Membership Fee** (Includes 2xRMSC T-shirt, RMSC cap, and RMSC Speedo Training Suit) | \$140.00 |
| Fundraising Fee (50% of fee is charged on September 30th, 2023) | \$200.00 |
| Membership Participation Fee (Charged to account once MP points reconciled in June) | \$200.00 |
| Swim BC/Swimming Canada Registration*** *Age as of December 31 st , 2023 | \$165.50 - 207.50 |

*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 Swimmer Membership Fee will only be charged once per swimmer per season and is NON-REFUNDABLE.

***The Swim BC Registration Fee will be charged to your account on September 15th, 2023.

REGIONAL DEVELOPMENT

Group Description: Swimmers in this group will attend LMR level competitions and are working towards qualifying for invitational and provincial level competitions. Focus is on developing the athlete and the person in and out of the pool.

Target Age: 11 - 13 years old as of March 2nd, 2024

Pre-requisites: Able to swim a legal 100 Individual Medley in under 2:30 or able to do 25m of Butterfly, 50m of Breaststroke, Backstroke and Freestyle.

Selection into this group is at the discretion of the Head Coach. The coaching staff reserve the right to accept swimmers that meet some, but not all the requirements for the group.

Commitment: Swimmers in this group must be committed to the training program, including dryland and recovery sessions, and are encouraged to attend the meet schedule as it is laid out by the group coach.

Required Equipment: Goggles, RMSC cap, RMSC Training Suit, Waterbottle, Band, Pull Buoy, Flippers, Finis Snorkel, Tempo Trainer Pro, Hockey Puck, Mesh Equipment Bag.

Suggested Team Gear: RMSC Team Jacket and RMSC Speedo Backpack

Schedule:

*All practices take place at the Maple Ridge Leisure Center, 11925 Haney Pl, Maple Ridge, BC V2X 6G2

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----|-----------|---------|-----------|-----------|-----------|------------------------------------------------|--------|
| AM | | | | | | 8:30-10:00 (Girls) 10:00-11:30 (Boys) | |
| PM | 3:00-4:00 | | 3:00-4:00 | 5:00-6:00 | 3:00-4:00 | | |

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, 2024, RMSC shares the available training time at the MRLC with the summer club in the area. From May 1st, 2024, 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:

| Yearly Group Training Fee* \$2106.00 | |
|----------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|
| Option #1: 8 Instalments charged on 15th of each month from September to April \$263.25 | Option #2: Pay full amount on September 15th and receive a 5% discount 2000.70 |
| Swimmer Membership Fee** (Includes 2xRMSC T-shirt, RMSC cap, and RMSC Speedo Training Suit) | \$140.00 |
| Fundraising Fee (50% of fee is charged on September 30th, 2023) | \$200.00 |
| Membership Participation Fee (Charged to account once MP points reconciled in June) | \$200.00 |
| Swim BC/Swimming Canada Registration*** *Age as of December 31 st , 2023 | \$165.50 - 207.50 |

*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 Swimmer Membership Fee will only be charged once per swimmer per season and is NON-REFUNDABLE.

***The Swim BC Registration Fee will be charged to your account on September 15th, 2023.

TITANS 1

Group Description: Tiny Titans 1 is the entry level group at the Ridge Meadows Swim Club. Swimmers learn the fundamental skills needed to develop in the sport of swimming and the building blocks of all four strokes. The focus is on creating a safe environment for swimmers to develop as an athlete as well as having fun at the pool in a group environment. Swimmers that join the group, have completed all 3 levels of the Titans Swim School, or are joining from another learn to swim program.

Target Age: 10 and under as of March 2nd, 2024

Pre-requisites: Swimmers entering this level are able to swim a 25m of Freestyle, Backstroke, Butterfly kick, and are able to do Breaststroke Kick holding on to or against the wall. Swimmers can also dive in the water and hold a streamline glide.

Selection into this group is at the discretion of the Head Coach. The coaching staff reserve the right to accept swimmers that meet some, but not all the requirements for the group.

Commitment: Swimmers in this group must be committed to the training program, including dryland, and are encouraged to attend racing opportunities that are organised by their group coach.

Required Equipment: Goggles, RMSC cap, RMSC Speedo Training Suit, RMSC Practice and Meet T-shirt, Water bottle, Kickboard, flippers, Mesh Equipment Bag.

Suggested Team Gear: RMSC Speedo Backpack

Schedule:

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

GROUP 1:

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----|--------|-----------|-----------|-----------|--------|-------------|--------|
| AM | | | | | | 10:45-11:30 | |
| PM | | 5:15-6:00 | | 5:15-6:00 | | | |

GROUP 2:

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----|-----------|---------|-----------|----------|-----------|----------|--------|
| AM | | | | | | | |
| PM | 4:00-4:45 | | 4:15-5:00 | | 4:15-5:00 | | |

GROUP 3:

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-----------|---------|-----------|----------|-----------|----------|--------|
| | | | | | | |
| 5:15-6:00 | | 5:15-6:00 | | 5:15-6:00 | | |

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, 2024, RMSC shares the available training time at the MRLC with the summer club in the area. From May 1st, 2024, 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:

| Yearly Group Training Fee* \$1190.25 | |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|
| Option #1: 8 Instalments charged on 15th of each month from September to April \$148.78 | Option #2: Pay full amount on September 15th and receive a 5% discount. 1130.74 |
| Swimmer Membership Fee** (Includes 2xRMSC T-shirt, RMSC cap, and RMSC Speedo Training Suit) | \$140.00 |
| Fundraising Fee (50% of fee is charged on September 30th, 2023) | \$100.00 |
| Membership Participation Fee (Charged to account once MP points reconciled in June) | \$100.00 |
| Titans Competition Fee (Includes fees for all Fast Fridays, Mini Meets, PASS Meets and RMSC competitions). Charged on September 15 th . | \$165.00 |
| Swim BC/Swimming Canada Registration*** *Age as of December 31 st , 2023 | \$49.50 |

*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 Swimmer Membership Fee will only be charged once per swimmer per season and is NON-REFUNDABLE.

***The Swim BC Registration Fee will be charged to your account on September 15th, 2023

TINY TITANS 2

Group Description: Swimmers in this group will learn the skills necessary for competitive swimming. This includes learning all four strokes as well as the starts and turns needed to participate in sanctioned competitions. Goal is to develop technically efficient swimmers, with a love for racing!

Target Age: 11 and under as of March 2nd, 2024

Pre-requisites: Able to swim 25m of Freestyle, Backstroke, Butterfly, and Breaststroke, and working on the swim skills needed to compete at Mini Meets and PASS Meets.

Selection into this group is at the discretion of the Head Coach. The coaching staff reserve the right to accept swimmers that meet some, but not all the requirements for the group.

Commitment: Swimmers in this group must be committed to the training program, including dryland, and to attend the meet schedule as it is laid out by the group coach.

Required Equipment: Goggles, RMSC cap, RMSC Speedo Training Suit, RMSC Practice and Meet T-shirt, Water bottle, Flippers, Finis Snorkel, Hockey Puck, Mesh Equipment Bag.

Suggested Team Gear: RMSC Speedo Backpack

Schedule:

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

GROUP 1:

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----|--------|-----------|-----------|-----------|--------|------------|--------|
| AM | | | | | | 9:45-10:45 | |
| PM | | 4:00-5:00 | | 4:00-5:00 | | | |

GROUP 2:

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----|-----------|---------|-----------|----------|-----------|----------|--------|
| AM | | | | | | | |
| PM | 4:00-5:00 | | 4:15-5:15 | | 4:15-5:15 | | |

GROUP 3:

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-----------|---------|-----------|----------|-----------|----------|--------|
| | | | | | | |
| 5:00-6:00 | | 5:00-6:00 | | 5:00-6:00 | | |

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, 2024, RMSC shares the available training time at the MRLC with the summer club in the area. From May 1st, 2024, 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:

| Yearly Group Training Fee* \$1449.00 | |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|
| Option #1: 8 Instalments charged on 15th of each month from September to April \$181.13 | Option #2: Pay full amount on September 15th and receive a 5% discount. 1376.55 |
| Swimmer Membership Fee** (Includes 2xRMSC T-shirt, RMSC cap, and RMSC Speedo Training Suit) | \$140.00 |
| Fundraising Fee (50% of fee is charged on September 30th, 2023) | \$100.00 |
| Membership Participation Fee (Charged to account once MP points reconciled in June) | \$100.00 |
| Titans Competition Fee (Includes fees for all Fast Fridays, Mini Meets, PASS Meets and RMSC competitions). Charged on September 15 th . | \$165.00 |
| Swim BC/Swimming Canada Registration*** *Age as of December 31 st , 2023 | \$49.50 |

*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 Swimmer Membership Fee will only be charged once per swimmer per season and is NON-REFUNDABLE.

***The Swim BC Registration Fee will be charged to your account on September 15th, 2023.

TINY TITANS 3

Group Description: This group is the first step in becoming a competitive swimmer who attends competitions at the LMR and provincial level. Focus is on developing efficient athletes in and out of the pool with a love for racing! Training will continue to focus on developing all four strokes and all starts and turns, while introducing some of the training concepts that will be needed in the years to come.

Target Age: 11 and under as of March 2nd, 2024

Pre-requisites: Able to perform in all four strokes, legally, and progress towards a 4:00 standard for the 200 IM and 2:00 standard for the 100 Freestyle.

Selection into this group is at the discretion of the Head Coach. The coaching staff reserve the right to accept swimmers that meet some, but not all the requirements for the group.

Commitment: Swimmers in this group must be committed to the training program, including dryland and recovery sessions, and to attend the meet schedule as it is laid out by the group coach.

Required Equipment: Goggles, RMSC cap, RMSC Speedo Training Suit, RMSC Practice and Meet T-shirt, Water bottle, Pull Buoy, Flippers, Finis Snorkel, Tempo Trainer Pro, Hockey Puck, Mesh Equipment Bag.

Suggested Team Gear: RMSC Speedo Backpack

Schedule:

*All practices take place at the Maple Ridge Leisure Center, 11925 Haney Pl, Maple Ridge, BC V2X 6G2

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----|-----------|-----------|-----------|-----------|-----------|----------|--------|
| AM | | | | | | | |
| PM | 3:00-4:00 | 3:00-4:00 | | 3:00-4:00 | 5:00-6:00 | | |

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, 2024, RMSC shares the available training time at the MRLC with the summer club in the area. From May 1st, 2024, 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:

| Yearly Group Training Fee* \$1748.00 | |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|
| Option #1: 8 Instalments charged on 15th of each month from September to April \$218.50 | Option #2: Pay full amount on September 15th and receive a 5% discount 1660.60 |
| Swimmer Membership Fee** (Includes 2xRMSC T-shirt, RMSC cap, and RMSC Speedo Training Suit) | \$140.00 |
| Fundraising Fee (50% of fee is charged on September 30th, 2023) | \$150.00 |
| Membership Participation Fee (Charged to account once MP points reconciled in June) | \$150.00 |
| Titans Competition Fee (Includes fees for all Fast Fridays, Mini Meets, PASS Meets and RMSC competitions). Charged on September 15 th . | \$165.00 |
| Swim BC/Swimming Canada Registration*** *Age as of December 31 st , 2023 | \$49.50 |

*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 Swimmer Membership Fee will only be charged once per swimmer per season and is NON-REFUNDABLE.

***The Swim BC Registration Fee will be charged to your account on September 15th, 2023.

MASTERS

Group Description: The Master's 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, 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 Center, 11925 Haney Pl, Maple Ridge, BC V2X 6G2

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----|--------|-----------|-----------|-----------|--------|-----------|--------|
| AM | | 5:15-7:15 | | 5:15-7:15 | | 5:15-7:00 | |
| 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, 2024, RMSC shares the available training time at the MRLC with the summer club in the area. From May 1st, 2024, 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:

| | |
|-----------------------------------------------------------------------------------------------------------------------------------------------------|----------|
| Monthly Group Training Fee* (1x per week) - \$60.00 per month (2x per week) - \$100.00 per month (3x per week) - \$150.00 per month | |
| Swimmer Membership Fee** (Includes RMSC T-shirt, RMSC cap, and RMSC Speedo Training Suit) | \$100.00 |
| Swim BC/Swimming Canada Registration*** <small>*Age as of December 31st, 2023</small> | \$49.50 |

*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 Swimmer Membership Fee will only be charged once per swimmer per season and is NON-REFUNDABLE.

***The Swim BC Registration Fee will be charged to your account on September 15th, 2023.

HIGH SCHOOL FITNESS

Group Description: The High School Fitness 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 staying fit 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 2024.

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 Center, 11925 Haney Pl, Maple Ridge, BC V2X 6G2

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----|--------|-----------|-----------|-----------|--------|-----------|--------|
| AM | | 5:15-7:15 | | 5:15-7:15 | | 5:15-7:00 | |
| 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, 2024, RMSC shares the available training time at the MRLC with the summer club in the area. From May 1st, 2024, 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:

| Yearly Group Training Fee* \$1500.00 | |
|----------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|
| Option #1: 8 Instalments charged on 15th of each month from September to April \$187.50 | Option #2: Pay full amount on September 15th and receive a 5% discount. \$1425.00 |
| Swimmer Membership Fee** (Includes RMSC T-shirt, RMSC cap, and RMSC Speedo Training Suit) | \$100.00 |
| Swim BC/Swimming Canada Registration*** *Age as of December 31 st , 2023 | \$49.50 |

*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 Swimmer Membership Fee will only be charged once per swimmer per season and is NON-REFUNDABLE.

***The Swim BC Registration Fee will be charged to your account on September 15th, 2023.

SUMMER SKILLS

Group Description: The Summer Skills program is a newer program for RMSC. Swimmers that register for this program need to be members in good standing with 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 during the 2024 BCSSA season, and for seasons to come. 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, 2024, 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 18th - December 10th

Session # 2 - 12 weeks

January 15th - April 21st

Schedule:

We are changing the Summer Skills program a bit this year, and swimmers that join the program will be able to attend 2 practices a week of the program that best suits their ability. We will work with each swimmer and family to find a schedule that best suits their athlete at the end of the BCSSA season.

A reminder that starting on May 1st, 2024, RMSC shares the available training time at the MRLC with the summer club in the area. From May 1st, 2024, 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 Group Training Fee* \$300.00 | |
| Swimmer Membership Fee** (Includes RMSC T-shirt, RMSC cap, and RMSC Speedo Training Suit) | \$60.00 |
| Swim BC/Swimming Canada Registration*** *Age as of December 31 st , 2023 | \$49.50 |

*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 Swimmer Membership Fee will only be charged once per swimmer per season and is NON-REFUNDABLE.

***The Swim BC Registration Fee will be charged to your account on September 15th, 2023. Please note that for swimmers that would like to compete through the Swim BC season, this fee will need to be upgraded to the cost of the competitive category for their age group.