

RIDGE MEADOWS SWIM CLUB

FITNESS FOR LIFE

16 Years and Older
Sept 15th/25 - July 26th/26
2 H2O sessions per week



GROWTH - BOLDNESS - INTEGRITY
COMMUNITY - COMPASSION

Program Fees

Monthly Group Training Fee
\$115.00

Monthly group training fees will be charged on the 15th of each month, starting on Sept 15th.

Swimmer Membership Fee (per swimmer) <small>NON-REFUNDABLE. Charged at time of registration. Includes FFL 25/26 Speedo Gear Pack.</small>	\$150.00
Swim BC Registration Fee (per swimmer) <small>NON-REFUNDABLE. Charged on August 15th 2025,</small>	\$77.00

DRAFT Schedule

Mondays	5:15 - 7:00am
Wednesdays	5:15 - 7:00am

Group Description

The Fitness for Life 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.

Pre-requisite: Able to complete 25m of Freestyle or Backstroke, and are comfortable in deep water.

If for any reason your schedule changes through the season and you are unable to make it to the pool, all we ask for is 30 days notice by sending an email to info@rmsctitans.ca.

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.



2025/26 SEASON KICK OFF

SEPTEMBER 13TH, 2025 | 5:00-8:00PM | ALBION COMMUNITY CENTRE

SWING BY TO MEET YOUR COACHES, ASK
QUESTION, PICK UP YOUR TEAM GEAR, VISIT TEAM
AQUATICS SUPPLIES, AND MORE!

WWW.RMSCTITANS.CA