RIDGE MEADOWS SWIM CLUB

RED 3

13 and Over

Sept 10th/26 - July 31st/27

6 H20 + 2 Dryland + 1 Pilates

GROWTH - BOLDNESS - INTEGRITY
COMMUNITY - COMPASSION

Program Fees

Yearly Group Training Fee
$4300.00
Pay in 10 installments starting Sept. 15th OR pay in full on Sept. 15th with a 5% discount.

Swimmer Membership Fee (per swimmer) NON-REFUNDABLE. Charged at time of registration. Includes Red 3 26/27 Speedo Gear Pack.	**$375.00**
Fundraising Fee (per swimmer) 50% of fee is charged on September 1st 2026.	**$500.00**
Swim BC Registration Fee (per swimmer) NON-REFUNDABLE. Charged on August 15th 2026.	**$166.00**

Group Description

Swimmers in this group are working towards performing at the Swim BC Divisional and Provincial Championships. Swimmers in this group are committed to competing at the meet schedule as laid out by the group coach, holding an average of 90-100% attendance, and committed to the team and their own continual improvement .

Pre-requisite: 1 Swim BC Divisional. Must show commitment to the program, 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

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.

Please note fees cover all programming for the season, including any dryland sessions schedule for the program.

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Team and Training Gear

Speedo Team Gear
(inc. with Swimmer Registration Fee)

- RMSC 2026/27 Speedo Item
- 2 x RMSC silicone cap
- RMSC Speedo Training Suit
- RMSC 26/27 Practice T-shirt
- RMSC 26/27 Competition T-shirt

Suggested Equipment:
- RMSC Speedo Backpack

Red 3 Required Equipment

- Goggles
- Water bottle
- Speedo Training Band
- Speedo Pull Buoy
- Kickboard
- Speedo DMC Elite Flippers
- Arena or Speedo Finger Paddles
- Stroke Maker Paddles
- Speedo Snorkel
- Tempo Trainer Pro
- Hockey Puck
- RMSC Branded/Speedo Equipment Bag.

Titans Club Service Program

Hosted Competitions 2026/27

Titans Fall Invitational
November 28th and 29th
Titans Medley Add-Up
March 6th
RMSC Spring Invitational
April 10th and 11th

More information on the Titans Club Service Program can be found in the RMSC Policy Handbook.

For the 2026/27 season, each family will be responsible for completing an assigned number of shifts for each of the listed home meets above, based off the swimmer at the highest level within the program. If all shifts are not completed, then there will be a $100.00 charge posted to your account for each missed shift upon reconciliation of the service hours. We are hoping that the new direction that we are taking as a club will build our community, our group of Swim BC officials, and make each hosted competition an RMSC family event.

Are you timing or officiating at other meets hosted across the province?

During the 2026/27 season we are excited to offer our RMSC families a $20.00 credit on your family account for each volunteer shift that is completed at another teams hosted meet.

Credits for Service

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DRAFT 2026/27 Schedule

***PLEASE NOTE STARTING MAY 1ST, 2027 THE SCHEDULE WILL CHANGE DUE TO SHARED POOL SPACE WITH OTHER PROGRAMS.**

M	4:30-5:45pm
T	5:15 - 7:15am
W	4:30-6:30pm
TH	5:15 - 7:15am
F	3:00 - 4:30pm
S	5:15 - 7:00am
S	OFF

Please note that the schedule above does not include activation or dryland times, or Crossfit and Pilates sessions. The final group schedule will be sent out once all room bookings and session times are confirmed.

NO SHOW FEE

Please note that for the 2026/27 season swimmers who NO SHOW competitions will be charged an extra $25.00 on top of the meet fees for the competition. Please note that swimmers are expected to attend all competitions as laid out on their group calendar. If you are unable to attend a competitions, please follow the steps listed under “Competition Declaration”.

Competitions 2026/27

The Red 3 group will be racing 1-2 times a month throughout the season, and will compete in all qualified National and Provincial level meets. Please note that the meet schedule for the LMR and Swim BC will not be finalized until closer to September 2026, when it will be sent out to the Red 3 group.

Competition Declaration

The expectation for the Red 3 group is that all swimmers will attend ALL listed competitions on the group schedule. If for any reason your swimmer is unable to attend a meet, please follow the steps below:

1. **Swimmer or parent speaks with group coach about not attending a competition and why.**
2. **Family needs to send an email to competitions@rmsctitans.com BEFORE the scratch deadline to declare the swimmer will not be attending the meet.**
3. **Any declarations done on TEAM SNAP or on TEAM WEBSITE will not be accepted and will be considered a NO SHOW.**

Reminder that training fees for each program, cover the cost of the program as a whole, not the # of practices per week, etc. There will be no MAKE UP practices schedule, unless an opportunity is communicated by the coach.