

TITANS SWIM SCHOOL

Program Description: The Titans Swim School is a pre-competitive program that will teach your swimmers the skills they need to one day become a Ridge Meadows Swim Club athlete. It is also a different option in our community 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: 5-11 years old as of March 2, 2025

Pre-requisites: able to swim 5 meters in any style, 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 four sessions this season. The dates for Session #1 are below. Swimmers will need to register for each session separately if they would like to swim with RMSC from September 2024 to July 2025

Session # 1 - Level 1, Level 2, Level 3, TP and Youth

10 Weeks

January 6th - March 16th

Schedule:

*All practices take place at the Maple Ridge Leisure Centre, 11925 Haney Pl, Maple Ridge, BC V2X 6G2. *Please note: Swimmers will not be allowed to sign up for 2 sessions of the same level on the same day of the week.*

TSS LEVEL 1

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----|-------------------------------------|---------|--|----------|---|---|--|
| AM | | | | | | 8:30-9:00 9:00-9:30 9:30-10:00 10:00-10:30 | 8:00-8:30 8:45-9:15 9:15-9:45 10:00-10:30 |
| PM | 5:00-5:30 5:30-6:00 6:00-6:30 | | 3:00-3:30 5:45-6:15 6:15-6:45 6:45-7:15 | | 3:15-3:45 3:45-4:15 4:30-5:00 5:00-5:30 5:45-6:15 | | |

TSS LEVEL 2

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----|-------------------------------------|---------|-------------------------------------|----------|---|-------------------------|---|
| AM | | | | | | 8:45-9:30 9:45-10:30 | 8:00-8:45 8:30-9:15 9:15-10:00 9:45-10:30 10:30-11:15 |
| PM | 3:00-3:45 5:00-5:45 6:00-6:45 | | 3:00-3:45 5:45-6:30 6:30-7:15 | | 3:00-3:45 3:45-4:30 4:15-5:00 5:00-5:45 5:30-6:15 | | |

TSS LEVEL 3

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

TSS TITANS PREP

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----|--------|---------|-----------|-----------|--------|----------|--------|
| AM | | | | | | | |
| PM | | | 4:45-5:45 | 5:45-6:45 | | | |

TSS YOUTH

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----|--------|---------|-----------|----------|-----------|-------------|-------------|
| AM | | | | | | 10:30-11:30 | 10:30-11:30 |
| PM | | | | | 7:00-8:00 | | |

Cost for Group:

| Session Fee* | | |
|---|--|---|
| Level 1 (30min) (1x) -\$220 (2x) -\$300 (3x) -\$330 | Level 2 and 3 (45min) (1x) - \$240 (2x) - \$330 (3x) - \$360 | Youth and TP (60min) (1x) - \$260 (2x) - \$360 (3x) - \$390 |
| Swimmer Registration Fee** (Includes RMSC T-shirt, cap) | \$85.00 | |
| Optional addition of Speedo Goggles (Junior HydrospeX) | \$22.00 | |
| Swim BC/Swimming Canada Registration | Included in session cost | |

*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 and is NON-REFUNDABLE.