

## 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, 2026

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 #8 are below. Swimmers will need to register for each session separately if they would like to swim in each training set.

**Session # 8 - TSS Beginner, Level 1, Level 2, Level 3, TP, Youth 1 and 2**

### **2 Week** Training Sets

**Set 1 -** July 5th to July 18th

**Set 2 -** July 19th to August 1st

**Set 3 -** August 4th to August 17th

### Schedule:

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

***Please note: Swimmers are allowed to participate 6x a week in the 2 week training sets, allowing for 12 sessions of lessons.***

**TSS Beginner**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM							
PM	4:00-4:30	5:00-5:30			3:15-3:45	11:00-11:30	

**TSS LEVEL 1**

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

**TSS LEVEL 2**

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

**TSS LEVEL 3**

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

**TITANS PREP**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM						9:45-10:45	9:30-10:30
PM	3:00-4:00	3:00-4:00	3:00-4:00	3:00-4:00	4:30-5:30		

**TSS YOUTH 1**

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

**TSS YOUTH 2**

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

**Cost for Group:**

Session Fee*		
<b>2 Week Training Sets</b>		
TSS Beginner and Level 1 (30min)	Level 2 and 3 (45min)	Titans Prep and Youth (60min)
2 sessions - \$45.54	2 sessions - \$49.68	2 sessions - \$53.83
4 sessions - \$62.12	4 sessions - \$68.30	4 sessions - \$74.52
6 sessions - \$68.30	6 sessions - \$74.52	6 sessions - \$93.14
8 sessions - \$91.06	8 sessions - \$120.00	8 sessions - \$144.00
10 sessions - \$130.00	10 sessions - \$150.00	10 sessions - \$180.00
12 sessions - \$156.00	12 sessions - \$180.00	12 sessions - \$216.00
<b>Swimmer Registration Fee**</b> (Includes RMSC T-shirt, cap)	<b>\$87.00</b>	
<b>Optional addition of Speedo Goggles (Junior HydrospeX)</b>	\$22.00	
<b>Swim BC/Swimming Canada Registration</b>	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.**