

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 #5 are below. Swimmers will need to register for each session separately if they would like to swim with RMSC from September 2024 to August 2025.

Session #5 - Level 1, Level 2, Level 3, Youth and Titans Prep

7 Weeks

July 2nd - August 17th

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						8:45-9:15 9:15-9:45 9:45-10:15 10:15-10:45	8:30-9:00 9:00-9:30 9:30-10:00 10:00-10:30
PM	3:00-3:30 3:45-4:15 4:15-4:45		3:00-3:30 3:45-4:15 4:15-4:45	3:30-4:00 4:30-5:00 5:00-5:30	3:30-4:00 4:30-5:00		

TSS LEVEL 2

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

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	4:45-5:30		4:45-5:30		4:45-5:30		

TSS Titans Prep

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM							
PM		3:00-4:00		2:45-3:45	2:45-3:45		

TSS YOUTH 1

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

TSS YOUTH 2

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

Cost for Group:

Session Fee*		
Level 1 (30min) (1x) -\$154 (2x) -\$210 (3x) -\$231	Level 2 and 3 (45min) (1x) - \$168 (2x) - \$231 (3x) - \$252	Youth 1,2 and TP (60min) (1x) - \$182 (2x) - \$252 (3x) - \$273
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.