

## 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 #3 are below. Swimmers will need to register for each session separately if they would like to swim with RMSC from September 2025 to July 2026

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

**10 Weeks**

**January 5th - March 15th, 2026**

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 Beginner

|    | MONDAY    | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----|-----------|---------|-----------|----------|--------|----------|--------|
| AM |           |         |           |          |        |          |        |
| PM | 3:30-4:00 |         | 3:30-4:00 |          |        |          |        |

## TSS #3 Winter 2026

### TSS LEVEL 1

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

### TSS LEVEL 2

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

### TSS LEVEL 3

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

## TSS #3 Winter 2026

### TITANS PREP

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

### TSS YOUTH 1

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

### Cost for Group:

| Session Fee*                                                                                             |                                                                                               |                                                                                    |
|----------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|
| 10 Weeks                                                                                                 |                                                                                               |                                                                                    |
| <b>Level 1 and TSS Beginner<br/>(30min)</b><br><br>(1x) - \$227.70<br>(2x) - \$310.50<br>(3x) - \$341.55 | <b>Level 2 and 3<br/>(45min)</b><br><br>(1x) - \$248.40<br>(2x) - \$341.55<br>(3x) - \$372.60 | <b>Titans Prep and Youth<br/>(60min)</b><br><br>(1x) - \$269.10<br>(2x) - \$372.60 |
| <b>Swimmer Registration<br/>Fee**</b><br>(Includes RMSC T-shirt, cap)                                    | \$87.00                                                                                       |                                                                                    |
| <b>Optional addition of<br/>Speedo Goggles<br/>(Junior HydrospeX)</b>                                    | \$22.77                                                                                       |                                                                                    |
| <b>Swim BC/Swimming<br/>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.