

## 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 2

**5 Weeks**

**March 30th - May 4th, 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 #4 Spring 2026**

**TSS LEVEL 1**

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

**TSS LEVEL 2**

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

**TSS LEVEL 3**

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

**TSS #4 Spring 2026**

**TITANS PREP**

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

**TSS YOUTH 2**

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

**Cost for Group:**

<b>Session Fee*</b>		
<b>5 Weeks</b>		
<b>Level 1 and TSS Beginner (30min)</b>	<b>Level 2 and 3 (45min)</b>	<b>Titans Prep and Youth (60min)</b>
(1x) - \$113.85	(1x) - \$124.20	(1x) - \$134.55
(2x) - \$155.25	(2x) - \$170.75	(2x) - \$186.30
(3x) - \$170.75	(3x) - \$186.30	(3x) - \$232.85
<b>Swimmer Registration Fee**</b> (Includes RMSC T-shirt, cap)	\$87.00	
<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.