

# ROC

Clarington Swim Club

PO Box 95, 41 Temperance St, Bowmanville, Ontario L1C 3A0

905 442 4636 [info@claringtonswimclub.ca](mailto:info@claringtonswimclub.ca)

[www.claringtonswimclub.ca](http://www.claringtonswimclub.ca)

Not for Ontario Profit Incorporation # 741685

## ROC Masters and Triathlete Information

There are many practices available for adult swimmers with the Clarington Swim Club, all practices at the Alan Strike Aquatic Centre, 49 Liberty Street Bowmanville. Once a member you can attend as many practices a week as you would like, all for the same price. In addition there are dryland training opportunities at Clarington Martial Arts gym for \$5 drop in fee. And if you would like to try Waterpolo you can drop in on Monday nights at 7:00pm for \$5.

**Costs:** To register is cost \$45. (There is no additional registration fee for MSO registration if required). Sessions are either 7 or 8 weeks. A 7-week session costs \$175, 8-week session costs \$190.

### **Session dates for 2017 - 2018 are:**

Session 1 – 8 weeks – Sept 11 to Nov 5

Session 2 – 7 weeks – Nov 6 to Dec 22

Session 3 – 7 weeks - Jan 8 to Feb 25

Session 4 – 8 weeks – Feb 26 to Apr 29 (no practices March break)

Session 5 – 7 weeks – April 30 to Jun 14

Summer Session tbd

### **The practice schedule for 2017-2018 is:**

**Masters & Triathletes** 20+ years, sign up by session or for the full season

Monday 6:00-7:00pm

Tuesday Group Fitness at CMA 7:30-8:30pm. \$5 drop-in fee applies

Wednesday 5:45-6:45pm

Thursday Group Fitness at CMA 7:30-8:30pm. \$5 drop-in fee applies

Friday 5:45-6:45pm

Saturday 5:00-6:00pm

Sunday 5:00-6:00pm

(Faster Masters/Triathletes can train with the competitive team on the senior schedule below – see Coach Karen Hillis or Coach Lynsey Rivest)