

ROC Masters and Triathlete Information

There are many practices available for adult swimmers with the Clarington Swim Club, all practices at the Clarington Fitness Centre, 49 Liberty St in Bowmanville. Once a member you can attend as many practices per week as you would like, all for the same price. In addition there are dryland training opportunities at Clarington Martial Arts gym for a \$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 \$150, 8-week session costs \$165.

Session dates for 2015-2016 are:

Session 1 – 7 weeks – Sept 14 to Oct 30

Session 2 – 7 weeks – Nov 1 to Dec 19

Session 3 – 8 weeks - Jan 3 to Feb 27

Session 4 – 8 weeks – Feb 28 to Apr 30 (no practices March break)

Session 5 – 7 weeks – May 1 to Jun 16

Summer Session tbd

The practice schedule for 2015-2016 is:

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

Mon 8:00-9:00pm (waterpolo 7-8pm \$5 drop in) Mon group fitness at CMA 8:00-8:45pm. \$5 drop-in fee applies

Tues 5:30-7:00am Tues group fitness at CMA 7:15-8:00pm. \$5 drop-in fee applies

Wed 5:45-6:45pm Wed group fitness at CMA 8:00-8:45pm. \$5 drop-in fee applies

Thurs 5:30-7:00am Thurs group fitness at CMA 7:15-8:00pm. \$5 drop-in fee applies

Fri 5:45-6:45pm

Sat 9:00-10:00am, 5:00-6:00pm

Sun 5:00-6:00pm

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