

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 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 7:30pm 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 2016-2017 are:

Session 1 – 7 weeks – Sept 12 to Oct 30

Session 2 – 8 weeks – Nov 1 to Dec 22

Session 3 – 7 weeks - Jan 9 to Feb 26

Session 4 – 8 weeks – Feb 27 to Apr 30 (no practices March break)

Session 5 – 7 weeks – May 1 to Jun 18

Summer Session tbd

The practice schedule for 2016-2017 is:

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

Mon 6:30-7:30pm, 7:30-8:30pm (and waterpolo 7:30-8:30pm)

Tues 5:30-7:00am

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

Wed 5:45-6:45pm

Thurs 5:30-7:00am

Thurs group fitness at CMA 7:30-8:30pm. \$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)