Dear ROC Novice/Fitness/Master swimmer,

I hope you are enjoying your program. You've taken an important first step to get fit and fast, by getting yourself to the pool and starting to train. Your current session ends very soon, and the next session starts without interruption. To re-register please fill out this form, attach payment, and return it prior to the start of the next session. If you have any questions or comments about the program contact me at 905 442 4636 or email to info@claringtonswimclub.ca. Thank you, *Karen Hillis*

Session dates	Number of weeks	Novice Unlimited swim practices 12&under	Fitness 2 swim practices 13&0ver CMA Dryland \$5 drop-in	Masters/Adult/ Triathlete Unlimited pool practices CMA Dryland \$5 drop-in
S2 Nov 3 – Dec 20	7 weeks	\$165	\$165	\$140
S3 Jan 5 – Feb 28	8 weeks	\$180	\$180	\$150
S4 Mar 2 – May 2	8 weeks	\$180	\$180	\$150
(no practices March Break)				
S5 May 4 – Jun 20	7 weeks	\$165	\$165	\$140
Summer Session	5 weeks	\$120	\$120	\$100
Summer week Jun 23 through July 23 Mon and Wed at CCC	Any one week	\$25	\$25	\$20
Tues and Thurs at NDRC				

Yes please re-register	in session
Signature	Date

Attach payment and return form to:

ROC registrar Christina Campbell

or to the coaches on deck at either Courtice or Newcastle pools
or drop it off at our dryland facility CMA (Clarington Martial Arts).

Payments by debit or credit card can be made at CMA.

Early Bird Registration?

Return with payment 1 week prior to session start date and take \$10 of the listed fee.