

ROC

Clarington Swim Club
PO Box 95, Station Main, Bowmanville, Ontario L1C 3A0
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Not for Ontario Profit Incorporation #741685

Fitness - Season Information

Session Information

ROC Fitness program is run in 7-week sessions. This program is designed for youth swimmers who are wanting fun, fitness & stroke improvement but no commitment to competition.

Session Dates

Session 1 – Sept 11th – Oct 28th

Session 2 – Oct 30th – Dec 16th

Session 3 – Jan 8th – Feb 24th

Session 4 – Feb 26th – Apr 20th (no practices March Break)

Session 5 – Apr 22nd – Jun 8th

Summer Session - TBD

Training Schedule

Tuesday (Alan Strike Aquatic Centre – Bowmanville) 4:00-5:30pm & Dryland (Clarington Martial Arts) 7:30-8:30pm

Thursday Dryland (Clarington Martial Arts) 7:30-8:30pm

Friday (Alan Strike Aquatic Centre – Bowmanville) 7:00-8:15pm

Saturday (Alan Strike Aquatic Centre – Bowmanville) 9:30-11:00am

Fee Schedule

All members pay an annual \$65 registration fee (valid until July 31, 2024)

and then:

Fitness - \$310/session

Competitions

Clarington Cup – 1 in-house time trial per session.

This fun and energetic event splits our team into subgroups to provide some friendly competition and provide an opportunity to race once per session. Clarington Cups allow our Novice & Fitness swimmers to experience a race environment in the comfort of their own pool with their own teammates.