

# ROC

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

## Masters - Season Information

### Session Information

ROC Masters program is run in 7-week sessions. You will maintain your spot with the club session to session unless you tell us otherwise.

### Session Dates

Session 1 – Sept 11<sup>th</sup> – Oct 28<sup>th</sup>

Session 2 – Oct 30<sup>th</sup> – Dec 16<sup>th</sup>

Session 3 – Jan 8<sup>th</sup> – Feb 24<sup>th</sup>

Session 4 – Feb 26<sup>th</sup> – Apr 20<sup>th</sup> (no practices March Break)

Session 5 – Apr 22<sup>nd</sup> – Jun 8<sup>th</sup>

Summer Session - TBD

\*\*Once a spot is yours, it remains yours until you tell us otherwise\*\*

### Training Schedule

Monday – 7:00-8:15pm

Tuesday – 5:30-7:00am & Dryland (Clarington Martial Arts) 7:30-8:30pm

Wednesday – 7:00-8:15pm

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

Friday (board practice) – 7:00-8:15pm

Saturday (board practice) – 8:00-9:15am

\*All practices are at Alan Strike Aquatic Centre in Bowmanville\*

\*\*Board practice = practice is written for you on a whiteboard and you work your way through the practice. No dedicated coach on these days. Practice is written by same coach that coaches Monday & Wednesday practices\*\*

### Fee Schedule

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

***and then:***

7-week session - \$275

10 practice pass - \$240 can come to any of the weekly practices (Mon, Tues, Wed, Fri, Sat)