

ROC

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

Novice - Season Information

Session Information

Our Novice program is run in 7-week sessions. In this program your swimmer lay down the basic skills to swim like a competitive swimmer (i.e. really really well!!)

**** No cancellations, no refunds****

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

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

Training Schedule

Option #1:

Monday (Alan Strike Aquatic Centre – Bowmanville) 6:15-7:00pm

Thursday (Diane Hamre Recreation Complex – Newcastle) 6:00-7:00pm

Saturday (Alan Strike Aquatic Centre – Bowmanville) 10:00-11:00am

Option #2:

Tuesday (Alan Strike Aquatic Centre – Bowmanville) – 5:00-5:45pm

Thursday (Diane Hamre Recreation Complex – Newcastle) – 5:00-6:00pm

Saturday (Alan Strike Aquatic Centre – Bowmanville) 10:00-11:00am

****30 swimmers will be permitted into each option above****

Fee Schedule

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

and then:

Novice - \$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 swimmers to experience a race environment in the comfort of their own pool with their own teammates.