

ROC

Clarington Swim Club
PO Box 95, Station Main, Bowmanville, Ontario L1C 3A0
905 442 4636 claringtonswimclub@gmail.com www.claringtonswimclub.ca
Not for Ontario Profit Incorporation #741685

Senior Competitive - Season Information

Season Information

Season Dates – Sept 11, 2023 – July 12, 2024

Summer Session – schedule change TBD

Training Schedule

Monday – Weights (13&over) – 3:00-3:45pm

Water – 4:00-6:00pm

Tuesday – Water – 5:30-7:00am & 4:00-6:00pm

Dryland – 10&Under @ 5:30-6:30pm, 11-12yrs @ 6:30-7:30pm, 13&Over @ 7:30-8:30pm

Wednesday – Weights (13&over) – 3:00-3:45pm

Water – 4:00-6:00pm

Thursday - Dryland – 11-12yrs @ 6:30-7:30pm, 13&Over @ 7:30-8:30pm

Friday – Water – 4:00-6:00pm

Saturday – Water – 8:00-10:00am

Yoga – 10-11am

Dryland @ Clarington Martial Arts/Yoga @ Alan Strike Aquatic Centre

Fee Schedule

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

and then:

Competitive 1 - \$3100.00 annual

\$130 competitive registration fee

Plus family commitment to help with two fundraisers, two swim meets, officiating course.

Hosted Competitions

ROC will host 3 home meets this season. In an effort to make these meets successful racing opportunities for our club and the hosted clubs, we require all parents to be involved with officiating at some level. Information regarding qualifications and courses will be provided.