

## 2024/2025 University & Alumni Registration

### Welcome ROC University Swimmers and Graduates from ROC!

Welcome back to the team! We love that you are back in the water to train with ROC. While your training fees are waived, we still need you to be registered with Swim Ontario to join in at practices. This is a one-time fee and is good for the entire 2024/2025 swim season.

#### There are two options for registration:

Non-Competitive Master	\$65 due at time of registration
Competitive Master	\$195 due at time of registration

Please pay by E-transfer to [ClaringtonSwimClubPayments@gmail.com](mailto:ClaringtonSwimClubPayments@gmail.com), by cheque attached to your registration forms or by cash to the Registrar. Currently, the Club does not accept VISA payments.

Please contact the Registrar with any questions: [ClaringtonSwimClubRegistrar@gmail.com](mailto:ClaringtonSwimClubRegistrar@gmail.com)

#### Required Information for Registration with ROC and Swim Ontario:

Name	
Date-of-birth	
Full Mailing Address	
Email Address	
Phone Number	

### Fundraising Commitments & Sponsorship

- Alumni will be required to commit to one fundraising event during the 2024/2025 season.
  - Buy-outs will be optional and outlined closer to the time of the fundraiser.
- Please consider joining in on our other fundraising efforts as they arise throughout the year.
- If you know of anyone looking to sponsor a local sports team and take advantage of local advertising, please visit [ClaringtonSwimClub.org](http://ClaringtonSwimClub.org) to check out our sponsorship packages or contact [ClaringtonSwimClubSponsorship@gmail.com](mailto:ClaringtonSwimClubSponsorship@gmail.com)

### Volunteer Commitments

- Alumni are not required to volunteer, but we do hope you'll consider joining us on deck at our ROC hosted swim meets as an official and give back to the swim community.

ROC Meet #1	November 30, 2024	12:00-6:00pm
ROC Meet #2	February 1, 2025	12:00-6:00pm
ROC Meet #3	March 29, 2025	12:00-6:00pm
ROC Meet #4	TBD (April or May)	

## Clarington Swim Club Masters- ROCM

### 2024/2025 Masters Swim Schedule

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<b>ROCM Sessions</b>	Session 1	September 9 to October 25
	Session 2	October 28 to December 13
	Session 3	January 6 to February 22
	Session 4	February 24 to April 17
	Session 5	April 22 to June 7
	Summer session	Tentatively June 9 to July 10
<b>Pool Practice Location</b>	Alan Strike Aquatic and Squash Centre (ASAC)	49 Liberty St N, Bowmanville
<b>Dryland Location</b>	Clarington Martial Arts (CMA)	234 King St E, 2 <sup>nd</sup> Floor, Bowmanville

### Training Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday*
Pool Practice	7:00-8:30pm	5:30-7:00am	7:00-8:30pm		7:00-8:15pm	9:30-11:00am
Dryland		7:30-8:30pm		7:30-8:30pm		

*\*On Saturday morning there will be no dedicated coach for the masters. The practice will be written out on a white board for you to complete.*