

2024/2025 Training Schedule for Novice & Fitness Swimmers

Location of Training

Pool Practice Locations	Alan Strike Aquatic and Squash Centre (ASAC)	49 Liberty St N, Bowmanville
	Diane Hamre Recreation Complex (DHRC)	1780 Rudell Rd, Newcastle
Dryland Location	Clarington Martial Arts (CMA)	234 King St E, 2 nd Floor, Bowmanville

Novice Swimmers Schedule Option #1

Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
ASAC	6:00-7:00pm					11:00-12:00pm
DHRC				6:00-7:00pm		

Novice Swimmers Schedule Option #2

Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
ASAC		4:45-5:45pm				11:00-12:00pm
DHRC				5:15-6:15pm		

Each Practice consists of 15 minutes of dryland work on the pool deck, followed by 45 minutes of in-water work

Fitness Swimmers Schedule

Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
ASAC		4:00-5:30pm				9:30-11:00am
DHRC				4:00-5:30pm		
CMA		7:30-8:30pm		7:30-8:30pm		

Required Information for Registration with ROC & Swim Ontario

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

2024/2025 Commitment & Fee Payment Schedule for Session Swimmers

	Novice 12&under	Commitment (Please indicate which session(s) you would like to register for)	Fitness 13&over	Commitment (Please indicate which session(s) you would like to register for)
Swim Ontario Annual Registration Fee	\$65		\$65	
Session 1 Date Sept 9 – Oct 25 FEES DUE SEPTEMBER 9	\$350	Option 1 _____ Option 2 _____	\$350	
Session 2 Date Oct 28 – Dec 13 FEES DUE OCTOBER 28	\$350	Option 1 _____ Option 2 _____	\$350	
Session 3 Date Jan 6 – Feb 22 FEES DUE JANUARY 6	\$350	Option 1 _____ Option 2 _____	\$350	
Session 4 Date Feb 24 – April 17 FEES DUE FEBRUARY 24	\$350	Option 1 _____ Option 2 _____	\$350	
Session 5 Date April 22 – June 7 FEES DUE APRIL 22	\$350	Option 1 _____ Option 2 _____	\$350	
Summer Session 5 WEEKS Tentatively June 9 – July 11	TBD	TBD	TBD	TBD

- Swim Ontario fees must be paid at time of registration and is a **one-time/annual** fee for the 24/25 swim season.
 - It is the same cost regardless of when you join.
- Refunds will only be provided with a medical note and the request will be reviewed by the Board of Directors.
- A swimmer may be asked to resign by the Head Coach and/or the Board of Directors if their conduct is judged to be contrary to the Codes of Conduct or contrary to the purpose of the club, provided they had an opportunity to explain their position.
- COVID 19/Pandemic response: in the event ROC must refrain from training for a 2-week quarantine period, no fee credits will apply. If in fact training is cancelled for an extended period of time, the ROC Board of Directors will review the fees and implement a refund credit procedure.
- **Please pay by E-transfer to ClaringtonSwimClubPayments@gmail.com, by cheque attached to your registration forms or by cash to the Registrar. Currently, the Club is unable to accept VISA payments.**
- **Please contact the Registrar with any questions: ClaringtonSwimClubRegistrar@gmail.com**

2024/2025 Agreement of Registration

I, _____ (Parent/Guardian if swimmer is under 18) have read the above and agree to the fee structure of the Clarington Swim Club for the 2024/2025 season.

Signature

Date

Clarington Cup – 4th Wednesday of Each Session Novice & Fitness Swimmers

- This is an in-house time trial with the entire ROC team.
- 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 Cup allows our Novice and Fitness swimmers to experience a race environment in the comfort of their own pool with their own teammates.
- This event is from 4:30-7:00pm.
- Parent volunteers are needed on deck as timers for this event – it's a great way to see your swimmers up close!

ROC-a-THON – 6th Saturday of Each Session Novice Swimmers Only

- This challenge will allow Novice Swimmers to test their skills and endurance.
- Each swimmer will be encouraged to swim as many meters as they can within their regular one-hour practice.
- A \$20 donation is appreciated but not mandatory and funds collected throughout the year will be put towards purchasing updated equipment for the Club.

ROC Fundraising

- Each year the competitive swimmers have a fundraising goal for the year. The money raised is dedicated to keeping the cost of swimming fees down and making this sport accessible to all who want to swim in our community.
- There will be opportunities to join in on fundraising throughout the year and you will receive email updates about this.
- If you have any questions, please contact our Fundraising Chair:
claringtonswimclubfundraising@gmail.com

ROC Sponsorship

- Corporate sponsorship is a great opportunity for the Club to reach its fundraising goals and a great way for local businesses to advertise their company to local residents.
- Check out our corporate sponsorship packages at claringtonswimclub.org
- If you know of a local business that would like the opportunity to sponsor the Club, please contact our Sponsorship Committee: claringtonswimclubsponsorship@gmail.com