



# 2018/19 TRAINING SCHEDULE & PRICING LIST

PROGRAM	PRACTICE SCHEDULE (SEPTEMBER 2018-MAY 2019)	PRICE* (ANNUAL FEE PER SWIMMER)
<b>COMPETITIVE TEAM</b>		
U8 (1x/week) Team	<ul style="list-style-type: none"> <li>Friday (4:30-6:00pm) RSC</li> </ul>	\$800
U8 (2x/week) Team	<ul style="list-style-type: none"> <li>Friday (4:30-6:00pm) RSC</li> <li>Sunday (1:00-2:30pm) RSC</li> </ul>	\$1600
U10 Team	<ul style="list-style-type: none"> <li>Wednesday (6:00-8:00pm) YMCA</li> <li>Sunday (2:00-4:30pm) RSC</li> </ul>	\$2400
U12 Team	<ul style="list-style-type: none"> <li>Tuesday (6:00-8:00pm) YMCA</li> <li>Friday (4:00-6:30pm) RSC</li> <li>Sunday (2:30-5:00pm)* RSC</li> </ul>	\$3400 *includes flex training
13-15 Provincial Team	<ul style="list-style-type: none"> <li>Tuesday (6:00-8:00pm) YMCA</li> <li>Friday (5:00-6:30pm) RSC</li> <li>Sunday (3:30-6:00pm)* RSC</li> </ul>	\$2800 *includes flex training
13-15 National Team	<ul style="list-style-type: none"> <li>Monday (5:30-7:30am) RSC</li> <li>Wednesday (6:00-8:30pm) YMCA</li> <li>Thursday (6:00-7:30pm - dryland) RSC</li> <li>Friday (4:00-6:30pm) RSC</li> <li>Sunday (2:00-6:00pm) RSC*</li> </ul>	\$4900 *includes flex training
<b>PRECOMPETITIVE 6 WEEK SESSIONS</b>		
Pre-Comp 6 Week Sessions - Session 1 (Oct. 14-Nov.18) - Session 2 (Feb. 3-Mar. 10) - Session 3 (Apr. 7-May 12)	<ul style="list-style-type: none"> <li>Sunday (2:30-3:30pm) RSC</li> </ul>	\$150

\* Price does not include competition fees, travel fees, competition clothing or swimsuits