



## Strathcona County Swim Club RecFit Program



The SRAYS RecFit Program is for **swimmers ages 12-18** who want to participate in the sport of swimming within a group, but do not want to compete at swim meets or can't commit to the busier schedules of the competitive programs.

PROGRAM DURATION: 10-week sessions  
2024 SPRING SESSION: April 5, 2024 - June 14, 2024

PROGRAM TIME:  
**April 5 - April 29** Monday / Friday 7:15-8:30pm  
**May 3 - June 14** Fridays only 6:45pm-8:00pm

PROGRAM LOCATION: Millennium Place – Lap Pool

PROGRAM COST: \$262.50 (plus \$25 registration fee) per session

### *Requirements:*

The only requirements are that swimmers can swim 50m in the lap pool, wear a training swimsuit and goggles, and try their best at every practice.

### *Program structure:*

Every practice consists of a 15-minute activation on deck led by their coach where swimmers will warmup and learn new exercises.

The one-hour swim portion of practices will vary as they progress through the session. The first month will primarily focus on endurance work, using the pace clock, and team building activities so the group can get to know each other. Then, they will transition to improving other skills for a few weeks at a time such as: diving, medleys, and turns.

All practices will accommodate all skill levels within the group, so it is challenging and engaging for all members. The goal is for all swimmers to get a good workout, improve their strokes, make friends, and have fun!