



Strathcona County Swim Club RecFit Program



The SRAYS RecFit Program is designed for **swimmers ages 12–18** who want to enjoy swimming in a group environment without the demands of a full competitive schedule. While regular competition is not required, RecFit swimmers have the option to participate in one of our club-hosted meets if they choose.

PROGRAM DURATION: 10-week sessions

PROGRAM TIME:

January 5 - March 18 Monday / Wednesday 7:15pm - 8:15pm

On-deck activation begins at 7:00pm

No Classes: Jan 28 & Feb 16

PROGRAM LOCATION: Millennium Place – Lap Pool

PROGRAM COST: \$280.00 (plus \$35 registration fee) per session

ENTRY RECOMMENDATION: The ability to swim 200m in 6min or 100m in 3min

Program structure:

Every practice consists of a 15-minute activation on deck led by their coach where swimmers will warm up 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!

****Limited Spots Available****

RecFit is designed for non-competitive swimmers and will no longer be available to Summer Club competitive swimmers. We appreciate your understanding.

New Members must complete an assessment or registration will not be approved.

[Click here to book an assessment.](#)