



2022/2023

GOLD

- Spartan Gold** is for swimmers who have chosen swimming as a sport for them. Provincial time standards or faster is required for this group. Similar to the Silver group swimmers will be provided a high level of coaching and training. Goals for this group are to increase endurance, perfect stroke techniques, train all energy systems and advance athletes to perform at the best of their abilities. The expectation for this group is that swimmers will commit to the training schedule, regularly attend required local and travel swim meets and have a competitive drive for the sport.
- Location: Landing Leisure Center

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dry land	4:00 – 5:00 PM		4:00 – 5:00 PM		4:00 – 5:00 PM	
GOLD 13.5 hours	5:00 – 6:30 PM	5:30 – 7:00 AM & 4:30 – 6:30 PM	5:00 – 6:30 PM	5:30 – 7:00 AM & 4:30 – 6:30 PM	5:00 – 6:30 PM	7:00 - 9:00 AM

Equipment Required: flippers, pull-buoys, big-paddles, snorkel & band

1. **CLUB FEE:** *(One club t-shirt & cap)*

Annual Registration Fee	\$75.00
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2. **SWIM BC REGISTRATION:** *(Based on age as of Dec 31, 2022)*

Development (11 – 14)	\$163.00
Open (15 & O)	\$205.00

3. **ANNUAL OR MONTHLY PAYMENT PLAN (Sept, 2022 – June, 2023):**

GOLD or GOLD+ FEE SCHEDULE: **September payment includes the following fees: Swim BC Registration ² and Annual or Monthly Payment Plan. • Credit Card (on-line) or 10 post-dated checks dated for the 1 st of each month (Sept 2022 – June 2023) All checks payable to SPARTAN SWIM CLUB No swimming on statutory holidays. Christmas Camp & Spring beak to be determined.									
ANNUAL FEE: \$2,760.50									
Monthly Payment Plan:									
#1- Sept	#2- Oct	#3- Nov	#4-Dec	#5-Jan	#6-Feb	#7-Mar	#8-Apr	#9-May	#10-Jun
\$276.05	\$276.05	\$276.05	\$276.05	\$276.05	\$276.05	\$276.05	\$276.05	\$276.05	\$276.05

4. **PARENT PARTICIPATION POINTS (Volunteer Hours)**

\$500 or 50 volunteer hours	Payment due: June 15, 2023
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