



2022/2023

SILVER

- **Spartan Silver** is for swimmers at the “Divisional” level of swimming or higher. In this 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 the next level in their swimming. The expectation for this group is that swimmers will commit to the training schedule, regularly attend required swim meets and have a competitive drive for the sport.
- Location: Landing Leisure Centre

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dry land	4:00 – 5:00 PM		4:00 – 5:00 PM		4:00 – 5:00 PM	
9.5 hours	5:00 - 6:30 PM	5:30 – 7:00 AM	5:00 - 6:30 PM	5:30 – 7:00 AM	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):**

SILVER 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: \$2,472.00									
MONTHLY PAYMENT PLAN									
#1 (Sept)	#2 (Oct)	#3 (Nov)	#4 (Dec)	#5 (Jan)	#6 (Feb)	#7 (Mar)	#8 (Apr)	#9 (May)	#10 (Jun)
\$247.20	\$247.20	\$247.20	\$247.20	\$247.20	\$247.20	\$247.20	\$247.20	\$247.20	\$247.20

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

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