

2022-23 BCST Dryland Fees

	Fall	Winter	Spring	Summer
NAT	\$270.00	\$270.00	\$270.00	TBD
SR PERF	\$270.00	\$270.00	\$270.00	TBD
SR 1	\$270.00	\$270.00	\$270.00	TBD
SR 2	\$270.00	\$270.00	\$270.00	TBD
PREP	\$225.00	\$225.00	\$225.00	TBD
REG	\$170.00	\$170.00	\$170.00	TBD
CHAMPS	\$170.00	\$170.00	\$170.00	TBD

The Annual Dryland Training program **consists of four seasons**: Fall - Winter - Spring, plus a Summer. The sessions will be conducted primarily by Coach Ash Milad. Other BCST coaches will be assisting as needed.

Participants will be billed during the first month of each season. **NAT and Senior Performance Swimmers are required to participate**, while it's not mandatory for the other training groups. We have acquired the necessary space in the BC to conduct the program. The first week of participation will be at no cost should you decide to DROP. Participants continuing into the second week of the program will be billed the full fee for that season's session. At this stage all swimmers should have a good idea of what to expect. Swimmers attending any training session in the Winter or Spring will be billed the **FULL FEE** as well. Summer dryland training will have the same policy although the fees will be less.