



Welcome Back Swim Camp



When: Sunday, October 5th
Time: 12:45-5:00
Where: Lawson Aquatic Centre and Fieldhouse
Cost: Free

We are starting off the year with a welcome back swim camp. This is an excellent opportunity for all of you to come out for an afternoon of swimming and dryland training, adapted for all age and skill levels. There is no charge for this camp.

We are very pleased to have three coaches available for the day. Coaches Jason and Craig will be leading the swimming portion, with Coach Erika leading the dryland portion.

The regular Sunday morning swim at the U of R will be cancelled that day.

We will also be meeting afterward for a club supper for swimmers and their family members at Boston Pizza (Quance Street East) at 5:30, following the camp. Attendees will be responsible for their own costs for food and beverages.

Please submit this registration form at a practice to a member of the RMSC executive or by email by **Thursday, September 25th**. ****Your fall registration must be up to date to participate in the camp****. We look forward to seeing you there!

Name: _____

Yes, I will be attending the supper at Boston Pizza.

Number of people attending: _____

