

Cascade Summer Club

Cascade is once again offering their annual Summer Swim Club. This program is for swimmers looking to stay in the water throughout the summer who are comfortable swimming lengths in a 25m or 50m pool.

This would be a great program for current swimmers wanting to continue swimming throughout the summer, athletes from other sports looking to cross-train or for strong swimmers ages 10 and up who are looking to give competitive swimming a try.

The details are as follows;

Training Times

M/W 7:00-8:00PM Talisman Centre

F 6:00-7:00PM Talisman Centre (PLEASE NOTE: Training on Friday June 3rd, June 10th, June 17th, June 24th and July 1st will be at 6:30-7:30pm instead of 6:00-7:00pm)

June 1st through to August 12th (slightly longer for those who qualify for provincials)

Registration

Forms Required

[ASSA Information Privacy Form](#) – please bring this form filled out to our first practice

[Cascade Summer Club Registration \(Online\)](#)

Costs

Registration \$40 Swim AB, Shirt, Cap

Training fees \$240 11 weeks of training

Meet Fees* All

*Swimmers will be responsible for all associated meet fees and transportation, if they decide to attend.

NOTE: Swim meets are OPTIONAL. Many of our athletes use this program simply to train and improve their stroke technique and endurance throughout the summer season with no competition. We plan to attend approximately three swim meets this summer.