



Welcome to the 2023 summer programs! We are proud to announce that Royal City Aquatics and Royal City MultiSport have collaborated to take our programming to the next level. We are building a comprehensive training environment and a pathway from grassroots to elite and a life-long love of sport. We're so glad to be a part of your athletic journey! Below you will find info about the summer programs. If you have any questions please do not hesitate to reach out.

Registration

Please use the link below to complete the athlete registration:

<https://forms.gle/NkAsp3w28fp6GpFe8>

Program Disciplines

We are excited to offer three disciplines to choose from this summer: Aquatics, MultiSport & Triathlon. Choose the **Aquatics** program for pool swimming. Choose **MultiSport** and hand pick the sessions that fit your unique training needs. This summer we are offering session for pool swimming, swim + run (aquathlon), road cycling and strength & conditioning. Choose **Triathlon** if you want to do it all and have a coach to help you navigate your training and racing plans.

Pool Swimming – These are the masters club swims you've come to know and love. Sessions will take place at the University of Guelph. Athletes will require cap & goggles, swimsuit, towel, swim gear and water bottle or other nutrition. Athletes can expect session to include technical feedback and focus on fitness development. If you're unsure if these sessions are right for you, please speak with one of our coaches.

Swim + Run (Aquathlon) – Sessions will take place at Guelph Lake. Athletes will require cap & goggles, swimsuit, towel, appropriate running footwear and apparel for weather conditions and water bottle or other nutrition. At a minimum, athletes must be able to swim at least 200m in open water and run continuously for 2km. Athletes can expect session to include swimming, running and swim to run transitions.

Strength & Conditioning – Sessions will take place at St. James Highschool Fitness Centre. Athletes will require appropriate running footwear and apparel (indoors & outdoors) and water bottle or other nutrition. Athletes can expect sessions to focus on general athleticism and development of speed and power. Session will include running, mobility, plyometrics and lifting.

Road Cycling – Sessions will take place on the closed circuit at the Flamboro Speedway. Athletes will require a mechanically sound road bike (drop bars), bike helmet, cycling shoes and appropriate apparel for weather conditions and water bottle or other nutrition. Occasionally we will use Tri/TT bikes. At a minimum, athletes should have the ability to ride in a group of cyclist at >30km/h for at least 1 hour. These sessions are targeted for Guelph Cycling Club R1-4 level riders. See [GCC speed categories](#) for breakdown of ability levels. Athletes can expect sessions to include technical instruction for a range of cycling skills from bike handling to pack dynamics and race simulations as well as high intensity intervals.



Program Levels

Base - "Building the foundation for happy, healthy, life-long athletes." The base level focuses on the fundamentals of training and healthy lifestyle. Choose the sessions that fit your schedule and training needs. Offered for MultiSport only.

Performance – “Pursuing your fitness and performance goals.” At the performance level athletes are preparing to hit their targets. Athletes require additional, more specific training & race planning that personal coaching provides. Athletes may have the ability to integrate with U23/Elite training sessions. Offered for Triathlon only.

Program Schedules

Summer Programming will begin May 1st and wrap up August 31st.

There will be a break in period in May. Swim+Run (Aquathlon) will begin when the water reaches a suitable temperature.

Aquatics

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pool Swim 9:15-10:45AM		Pool Swim 9:15-10:45AM		Pool Swim 9:15-10:45AM		

MultiSport Base

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pool Swim 9:15-10:45AM		Swim + Run 7:15-8:30AM Pool Swim 9:15-10:45AM		Pool Swim 9:15-10:45AM		
S&C TBD evening			Road Cycling 6:00-8:00PM			

Sessions highlighted yellow are integrated with the U23/Elite sessions where appropriate.

Triathlon Performance

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pool Swim 9:15-10:45AM	Open Water 6:30-7:45AM	Swim + Run 7:15-8:30AM Pool Swim 9:15-10:45AM	Swim 7:30-9:00AM	Pool Swim 9:15-10:45AM	Run 9:00-10:30AM	Open Water 7:15-8:30AM Road Cycling 9:00-11:00AM+
S&C TBD evening		Run 4:30-6:00PM	Road Cycling 6:00-8:00PM			

Sessions highlighted yellow are integrated with the U23/Elite sessions where appropriate.



Important Dates

Please use the link below to see a list of events. This list will be updated as new events are added to the calendar.

https://docs.google.com/spreadsheets/d/19MHTqHrv9EivjFV-_uq4rW5olUjfcha6ghU2FrwdaH8/edit?usp=sharing

Program Fees

Payments are due June 1st.

New Full-Time (FT) RCAQ members:

Program	Summer Fee
Aquatics (Full-Time 2x AM)	\$680
MultiSport (Base; FT Swim, ONLY 1 MultiSport)	\$820
MultiSport (Base; FT Swim, 2+ MultiSport)	\$960
Triathlon (Performance; FT Swim, Personal Coaching)	\$1,480

***Winter** Full-Time (FT) RCAQ members:

Program	Summer Fee
Aquatics (Full-Time)	\$340
MultiSport (Base; FT Swim, ONLY 1 MultiSport)	\$480
MultiSport (Base; FT Swim, 2+ MultiSport)	\$620
Triathlon (Performance; FT Swim, Personal Coaching)	\$1,140

**Winter full-time (FT) RCAQ members will be billed for May & June as scheduled.*

Non-swimmers & Part-Time (PT) RCAQ members:

Program	Summer Fee
Aquatics (Part-Time)	Pay-As-You-Go Swim*
MultiSport (Base; PT/No Swim, ONLY 1 MultiSport)	\$140 + Pay-As-You-Go Swim*
MultiSport (Base; PT/No Swim, 2+ MultiSport)	\$280 + Pay-As-You-Go Swim*
Triathlon (Performance; PT Swim, Personal Coaching)	\$800 + Pay-As-You-Go Swim*

**Pay-As-You-Go swimming packages are available as 6 swims for \$85.*

Payments by e-transfer are preferred. Payments can be sent to registrar.rcaquatics@gmail.com using the password "swimming". If you are unable to provide e-transfer please email the registrar to arrange payment via cheques.



Additional Memberships & Insurance

For liability purposes, additional memberships & insurance are required for the specific sessions you intend to participate in.

Swim + Run (Aquathlon) – all athletes will be required to purchase a TriON membership and affiliate with Royal City MultiSport. Please use the link below to complete the online registration. There is no additional fee to join Royal City MultiSport. TriON membership fees are below.

<https://ccnbikes.com/#!/events/royal-city-multisport-2023>

	Adults 20+	Junior (16-19)	Youth (12-15)	Kids (11 & under)
Individual	\$54 + \$15 TriCan Fee	\$46 + \$15 TriCan Fee	\$32 + \$6 TriCan Fee	\$15 + \$6 TriCan Fee
Individual Club	\$44 + \$15 TriCan Fee	\$41 + \$15 TriCan Fee	\$27 + \$6 TriCan Fee	N/A
Elite	\$54 + \$15 TriCan Fee	N/A	N/A	N/A
Elite Club	\$44 + \$15 TriCan Fee	N/A	N/A	N/A
Coach	\$54 + \$15 TriCan Fee	N/A	N/A	N/A
Coach Club	\$44 + \$15 TriCan Fee	N/A	N/A	N/A
Official / Race Director / Board Member	Complimentary	N/A	N/A	N/A
Associate	\$32 + \$15 TriCan Fee	N/A	N/A	N/A

Triathlon Ontario Annual Memberships are valid through the entire membership year and until March 31 of the following year.

To accessing Swim + Run (Aquathlon) sessions at Guelph Lake you must pay the admission fee (per person) at the gate each time you enter the park or purchase a yearly membership (per vehicle).

Road Cycling – riders require a current Guelph Cycling Club membership. These sessions are targeted for Guelph Cycling Club R1-4 level riders. See [GCC speed categories](#) for breakdown of ability levels. The link below will take you to the GCC website where you can purchase your 2023 membership. GCC memberships are \$40/year.

<https://guelphcyclingclub.ca/join/>

Pool Swimming, Strength & Conditioning – all athletes must be current SwimON members. The RCAQ Registrar will process SwimON registrations. Athletes that are not yet SwimON members will be billed the one-time yearly fee of \$35.