

CBSC 2018 Swim Program Schedule

| Program | Month | Days | Times | Details |
|--|-------------|------------------------------------|--|---|
| Lifesaving | | | | |
| Bronze Star | July | 7 th -8 th | Sat/Sun - 9:00am-2:00pm | CBSC Pool |
| Bronze Medallion Must be 13 or have Bronze Star | July | 13 th -15 th | Fri - 4:00-8:00pm Sat/Sun- 10:00am-6:00pm | CBSC Pool |
| Bronze Cross Must have Bronze Medallion | August | 10 th -12 th | Fri - 4:00-8:00pm Sat/Sun- 10:00am-6:00pm | CBSC Pool |
| Junior Lifeguard Club | | | | |
| For 10-14 year olds | July/August | M/Th Tu/F | 1:00-3:00pm 1:00-2:00pm | Meet at Lifeguard Tower |
| Leaders | | | | |
| Must have Bronze Cross and 2003 or older | July/August | TBA | 1:00-2:00-pm | First class Thurs, July 5 |
| Volleyball | | | | |
| 11-12 year olds | July/August | M/Th | 12:45-1:30pm | CBSC Courts |
| 11-12 year olds | July/August | T/F | 12:45-1:30pm | CBSC Courts |
| 13-15 year olds | July/August | M/Th | 12:00-12:45pm | CBSC Courts |
| 13-15 year olds | July/August | T/F | 12:00-12:45pm | CBSC Courts |
| Triathlon *Note new age grouping | | | | |
| 13-15 year olds | July/August | M/T/Th/F | 10:00-11:00am | |
| 11-12 year olds | July/August | M/T/Th/F | 11:00-12:00pm | |
| 9-10 year olds | July/August | M/T/Th/F | 12:00-1:00pm | |
| Tiny Tri | | | | |
| 6-8 year olds | July/August | M/Th | 9:15-10am | |
| 6-8 year olds | July/August | T/ F | 9:15-10am | |
| Competitive Swimming *Note new Intro to Developmental Group | | | | |
| Intro to DEVELOPMENTAL: | July/August | M/T/Th/F | 1:00-2:00pm | New for 2018 |
| DEVELOPMENTAL: | July/August | M/T/Th/F | 1:45-3:00pm | |
| COMPETITIVE: | July/August | M/T/Th/F | 7:30-9:00am & 2:45-4:15pm | Optional Wed 1 hr training 11am-12pm |
| Water Polo | | | | |
| DEVELOPMENTAL: | | | | |
| Splash – Class 1 | July/August | M/Th | 2:45-3:15pm | Born 2009, 2010, 2011 |
| Splash – Class 2 | July/August | T/F | 2:45-3:15pm | Born 2009, 2010, 2011 |
| Splash – Class 3 | July/August | M/Th | 3:15-3:45pm | Born 2009, 2010, 2011 |
| Splash – Class 4 | July/August | T/F | 3:15-3:45pm | Born 2009, 2010, 2011 |
| U10 | July/August | M/T/Th/F | 3:45-4:30pm | Born 2009, 2010 |
| COMPETITIVE: | | | | |
| U12 | July/August | M/T/Th/F | 8:30-9:30am & 4:00-5:00pm | Born 2007, 2008 |
| U14 | July/August | M/T/Th/F | 7:30-8:30am & 4:45-5:45pm | Born 2005, 2006 |
| U16 | July/August | M/T/Th/F | 8:30-9:30am & 5:30-6:30pm | Born 2003, 2004 |
| Synchro | | | | |
| RECREATIONAL: | | | | Revised Star Schedule |
| Star Program | July/August | M/T/Th/F | 9:00-12:00pm | Mathisen Pool See schedule on back |
| COMPETITIVE: | | | | |
| All swimmers | July/August | M | 6:30-8:30pm (1hr/group) | CBSC Pool |
| All swimmers | July/August | W | 8:00-11:00am (1.5hrs/group) | CBSC Pool |
| All swimmers | July/August | T/Th | 7:30-8:30pm (1hr/group) | CBSC Pool |
| Masters | | | | |
| Morning Masters | July/August | T/Th | 6:30-7:30am | Enhanced Masters Swim |
| Evening Masters | July/August | T/Th | 7:30-8:30pm | Drop-in |

CBSC Swimming Lessons Schedule 2018

| | | | Floaters | | Beginner Gliders | | Advanced Gliders | | Strokers | | | |
|-------|---|--------------|----------|----|------------------|------|------------------|------|----------|----|----|----------------------|
| | P&T SPL | Tiny Tots | F1 | F2 | BG B | BG G | AG B | AG G | S1 | S2 | S3 | Stroke Correction |
| 9:00 | | TT | | F2 | BG | | AG | AG | S1 | | | SC |
| 9:30 | | TT | F1 | F2 | BG | BG | AG | | | S2 | S3 | SC |
| 10:00 | Spl ^{M/Th} P&T ^{T/F} | TT | F1 | | BG | | AG | AG | S1 | | S3 | |
| 10:30 | Spl ^{M/Th} Spl ^{T/F} | | F1 | F2 | BG | | AG | AG | S1 | S2 | | |
| 11:00 | Spl ^{M/Th} Spl ^{T/F} | TT | F1 | | BG | | AG | AG | | S2 | | SC |
| 11:30 | | TT | | F2 | BG | BG | AG | | S1 | | S3 | |
| 12:00 | | TT | F1 | F2 | BG | | AG | AG | S1 | | S3 | SC |
| 12:30 | | TT | F1 | F2 | BG | | AG | AG | S1 | S2 | | |
| 1:00 | | TT | F1 | F2 | BG | | AG | AG | S1 | S2 | | SC |
| 1:30 | | TT | F1 | F2 | BG | | AG | AG | | S2 | S3 | SC |
| 4:30 | | | F1 | F2 | BG | | | | | | | |
| 5:00 | | | F1 | F2 | BG | | | | | | | |
| 5:30 | | | F1 | F2 | BG | | | | | | | |

- All swim lessons are 25 minutes long and run rain or shine.
- Morning & afternoon lessons run Mon, Tues, Thurs and Fri every week.
- Information on the different level objectives is available on the CBSC website and is posted on the pool fence near the Membership Table. Please speak with a coach if you are unsure as to which level is right for your child.

| Synchro Lesson Schedule | |
|--------------------------------|------------|
| 9:00-9:25 | Star 4 |
| 9:30-9:55 | Star 5 & 6 |
| 10:00-10:25 | Star 3 |
| 10:30-10:55 | Star 1 & 9 |
| 11:00-11:25 | Star 2 |
| 11:30-11:55 | Star 7 & 8 |