

CBSC 2020 CoVid Swim Program Schedule

Program	Month	Days	Times	Details
Lifesaving				
Bronze Medallion Must be 13 or have Bronze Star	August	August 7 - 9	Fri - 4:00-8:00pm Sat/Sun- 10:00am-6:00pm	CBSC Pool
Bronze Cross Must have Bronze Medallion	August	August 21 - 23	Fri - 4:00-8:00pm Sat/Sun- 10:00am-6:00pm	CBSC Pool
Leaders				
Must have Bronze Cross and 2005 or older	July/August	TBA	1:00-2:00-pm	First class Thurs, July 9
Volleyball				
11-12 year olds	July/August	M/Th & T/F	1:15-2:00pm	CBSC Courts
11-12 year olds	July/August	T/F	12:15-1:00pm	CBSC Courts
11-12 year olds	July/August	W/Sa	12:15-1:00pm	CBSC Courts
11-12 year olds	July/August	W/Sa	1:15-2:00pm	CBSC Courts
13-15 year olds	July/August	M/Th & T/F	11:15-12:00pm	CBSC Courts
13-15 year olds	July/August	M/Th	12:15-1:00pm	CBSC Courts
13-15 year olds	July/August	W/Sa	11:15-12:00pm	CBSC Courts
Triathlon				
9-10 year olds	July/August	M/T/Th/F	10:00-11:00am	
11-12 year olds	July/August	M/T/Th/F	11:15-12:15pm	
13-15 year olds	July/August	M/T/Th/F	12:30-1:30pm	
Tiny Tri				
6-8 year olds	July/August	M/Th	9:00-9:45am	
6-8 year olds	July/August	T/ F	9:00-9:45am	
Competitive Swimming				
Intro to DEVELOPMENTAL:	July/August	M/T/Th/F	12:00-1:00pm	6&7 year olds
DEVELOPMENTAL:	July/August	M/T/Th/F	1:00-2:00pm	
COMPETITIVE:	July/August	M/T/Th/F	7:30-8:45am & 2:00-3:15pm	
Water Polo				
DEVELOPMENTAL:				
Splash – Class 1	July/August	M/Th	3:15-3:45pm	Born 2011, 2012, 2013
Splash – Class 2	July/August	T/F	3:15-3:45pm	Born 2011, 2012, 2013
Splash – Class 3	July/August	M/Th	4:00-4:30pm	Born 2011, 2012, 2013
Splash – Class 4	July/August	T/F	4:00-4:30pm	Born 2011, 2012, 2013
U10	July/August	M/T/Th/F	4:45-5:30pm	Born 2011, 2012
COMPETITIVE:				
U12	July/August	M/T/Th/F W	5:00-6:15pm 1:00-2:15pm	Born 2009, 2010
U14	July/August	M/T/Th/F W	6:15-7:30pm 2:15-3:30pm	Born 2007, 2008
U16	July/August	M/T/Th/F W	6:15-7:30pm 2:15-3:30pm	Born 2005, 2006
Artistic Swimming (Synchro)				
RECREATIONAL: Star Program	July/August	M/T/Th/F	2:30–3:00pm for Star 1&2; 3:30-4:10pm for Star 3, 4,5 4:20–5:00pm for Star 6, 7, 8, 9	CBSC Pool
COMPETITIVE:				
All swimmers	July/August	Sun	9:30am-1:45pm	CBSC Pool
Masters				
Morning Masters Swim	July/August	M/W/F	6:30-7:30am	Enhanced Masters Swim
Evening Masters Swim	July/August	T/Th	7:45-8:45pm	Free:Registration required.
Morning Masters Run	July/August	T/Th	6:30-7:30am	Enhanced Run Training- Beg & Experienced groups

CBSC Swimming Lessons Alternate Schedule 2020

A Block M/W/F			Floaters		Beginner Gliders	Advanced Gliders	Strokers			
	SPL	Tiny Tots	F1	F2	BG	AG	S1	S2	S3	Stroke Correction
9:00	Spl				BG	AG	S1		S3	
9:45			F1		BG	AG		S2		SC
10:30				F2	BG	AG	S1		S3	
11:15			F1		BG	AG		S2		SC
12:00				F2	BG		S1		S3	
12:45		TT								
1:30			F1	F2						

B Block T/Th/S			Floaters		Beginner Gliders	Advanced Gliders	Strokers			
	P&T SPL	Tiny Tots	F1	F2	BG	AG B	S1	S2	S3	Stroke Correction
9:00			F1		BG	AG		S2		SC
9:45	P&T T/Th	TT			BG	AG	S1		S3	
10:30	Spl			F2	BG	AG		S2		SC
11:15		TT	F1		BG	AG	S1		S3	
12:00	Spl				BG	AG		S2		SC
12:45				F2		AG				
1:30		TT			BG					

- All swim lessons are 25 minutes long and run rain or shine and are in 45 min blocks to allow for extra time required to enter and exit the facility.
- 2 blocks of lessons: Block A runs M/W/Fri; Block B runs T/Th/Sa
- Information on the different level objectives is available on the CBSC website. Please speak with a coach if you are unsure as to which level is right for your child.
- All Parent & Tot, Splashers, Tiny Tots, Floaters and Gliders classes require an adult (person over age 16) to be in the pool with the swimmer to guide the swimmer during the lesson. Coaches are to stay 2m away from the swimmers. Parent can have more than 1 child in 1 class.
- A different adult may take the place of a parent when assisting a non-swimmer in their lesson, as long as they are within the child's personal bubble and have signed a waiver.
- Family lessons are on Wednesdays, with lesson times at 9:00, 9:45, 10:30, 11:15, 12:00, 2:15 and 3:00.