

## CBSC 2020 CoVid Swim Program Schedule

Program	Month	Days	Times	Details
<b>Lifesaving</b>				
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 14 - 16	Fri - 4:00-8:00pm Sat/Sun- 10:00am-6:00pm	CBSC Pool
<b>Leaders</b>				
Must have Bronze Cross and born in 2005 or earlier	July/August	TBA	1:00-2:00-pm	First class Thurs, July 9
<b>Volleyball</b>				
11-12 year olds	July/August	M/Th & T/F	1:15-2:00pm	CBSC Courts
11-12 year olds	July/August	M/Th	2:15-3:00pm	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	T/F	2:15-3:00pm	CBSC Courts
13-15 year olds	July/August	W/Sa	11:15-12:00pm	CBSC Courts
<b>Triathlon</b>				
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	
<b>Tiny Tri</b>				
6-8 year olds	July/August	M/Th	9:00-9:45am	
6-8 year olds	July/August	T/ F	9:00-9:45am	
<b>Competitive Swimming</b>				
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	
COMPETITIVE (2 day a week):	July/August	W/Sa	7:30-8:45am & W 3:30 - 4:45pm; Sa 12:45 – 2:00pm	
<b>Water Polo</b>				
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	4:45-5:45pm 1:00-2:00pm	Born 2009, 2010
U14	July/August	M/T/Th/F W	5:30-6:30pm 1:45-2:45pm	Born 2007, 2008
U16	July/August	M/T/Th/F W	6:30-7:30pm 2:30-3:30pm	Born 2005, 2006
<b>Artistic Swimming (Synchro)</b>				
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	9:00am-12:00pm	CBSC Pool

**Masters**

Morning Masters Swim	July/August	M/W/F or T/Th/Sa	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

<b>A Block M/W/F</b>			Floaters		Beginner Gliders	Advanced Gliders	Strokers			
	<b>SPL</b>	<b>Tiny Tots</b>	<b>F1</b>	<b>F2</b>	<b>BG</b>	<b>AG</b>	<b>S1</b>	<b>S2</b>	<b>S3</b>	<b>Stroke Correction</b>
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							S1A, S1B			
1:30			F1	F2						

<b>B Block T/Th/S</b>			Floaters		Beginner Gliders	Advanced Gliders	Strokers			
	<b>P&amp;T SPL</b>	<b>Tiny Tots</b>	<b>F1</b>	<b>F2</b>	<b>BG</b>	<b>AG B</b>	<b>S1</b>	<b>S2</b>	<b>S3</b>	<b>Stroke Correction</b>
9:00			F1		BG	AG		S2		SC
9:45	P&T T/Th	TT			BG	AG	S1		S3	
10:30	Spl			F2		AG	S1	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.
- 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 available on Mondays, Tuesdays, Wednesdays, Thursdays, Fridays and Saturdays. Please check Activenet for available classes.