

CRESCENT BEACH SWIMMING CLUB
INTRODUCTION TO DEVELOPMENTAL SWIMMING PROGRAM
SUMMER 2020

Hello CBSC!

Welcome back to CBSC we are so excited to see you back in the pool this summer! We have a great development program lined up for the summer. This summer we will be focusing on having fun and staying safe! All of the developmental coaches are looking forward to working with the swimmers this summer.

This handout contains all the information you will need to know including dates, times and structure of the program. All this information will also be accessible on our website. If you have any further questions contact Head Dev Swim Coach Maddy or the other coaches.

Introduction to Developmental Program / Fee: \$85 per month

Head Developmental Coach: Maddy Glanville

E-mail: maddyglanville@gmail.com

Developmental Swim Coaches: Olivia Francouer

This training program is aimed towards those ready to do more than 25 minute lessons, but not quite ready for the large Developmental class. Must be able to swim 200 meters without assistance and have a good grasp of all four strokes (freestyle, backstroke, breaststroke and butterfly). The recommended age is 6 to 7 years old. This is an introduction to developmental swimming and later continuing on to a higher level of developmental and competitive swimming. Training is once a day, MTThF.

Hand sanitizer stations will be at the pool. Please wash your hands before you come to the pool.

Weekly Training Model: Introduction to Developmental

Time	Monday	Tuesday	Thursday	Friday
12:00pm to 12:15pm	Dryland and stretching	Dryland and stretching	Dryland and stretching	FUN Dryland and stretching (bring running shoes)
12:15pm to 12:30pm	Swim Training	Swim Training	Swim Training	Swim Training
12:45pm to 1pm	Turns and Starts focus	Turns and Starts focus	Turns and Starts focus	Turns and Starts focus

