

CRESCENT BEACH SWIMMING CLUB
VOLLEYBALL
SUMMER 2020

We are pleased to welcome you to CBSC volleyball for the 2020 season! This year, Head Coach Fiona O'Callaghan and Coaches Samantha Fransen and Stella Zandstra will run the program. The coaches have extensive volleyball training and experience and would like to acquaint both old and new students to the game. The program is recreational, and includes instruction in skills, drills, scrimmages, and games of three-players-per-side volleyball.

July lessons will focus on skills, drills and scrimmages. During the month of August, the coaches will continue to work on those techniques, and will include mini tournaments, so players will learn the structure of the game.

All classes are **\$50/month** and the program offers 45-minute lessons twice a week for children ranging from 11-15 years old.

Classes:

11-12 year olds

July/August - Tuesday & Friday 12:15pm-1:00pm
July/August - Monday & Thursday 1:15pm-2:00pm
July/August - Monday & Thursday 2:15pm-3:00pm
July/August - Tuesday & Friday 1:15pm-2:00pm
July/August - Wednesday & Saturday 12:15pm-1:00pm
July/August - Wednesday & Saturday 1:15pm-2:00pm



13-15 year olds

July/August - Monday & Thursday 11:15am-12:00pm
July/August - Tuesday & Friday 11:15am-12:00pm
July/August - Monday & Thursday 12:15pm-1:00pm
July/August - Wednesday & Saturday 11:15am-12:00pm
July/August - Tuesday & Friday 2:15am-3:00pm