

CBSC 2021 Swim Program Schedule

Program	Month	Days	Times	Details
Lifesaving				
Bronze Star	July	July 10-11	Sat/Sun - 9:00am-2:00pm	CBSC Pool
Bronze Medallion Must be 13 or have Bronze Star	July	July 16 - 18	Fri - 4:00-8:00pm Sat/Sun- 10:00am-6:00pm	CBSC Pool
Bronze Cross Must have Bronze Medallion	August	August 13 – 15	Fri - 4:00-8:00pm Sat/Sun- 10:00am-6:00pm	CBSC Pool
Leaders				
Must have Bronze Cross and born in 2006 or earlier	July/August	TBA	1:00-2:00-pm	First class Thurs, July 8
Volleyball				
11-12 year olds	July/August	M/Th & T/F	1:15-2:00pm	Beachfront Courts
11-12 year olds	July/August	M/Th	2:00-2:45pm	Beachfront Courts
11-12 year olds	July/August	T/F	12:00-12:45pm	Beachfront Courts
11-12 year olds	July/August	T/F	2:45-3:30pm	Beachfront Courts
13-15 year olds	July/August	M/Th & T/F	11:15-12:00pm	Beachfront Courts
13-15 year olds	July/August	M/Th	12:00-12:45pm	Beachfront Courts
13-15 year olds	July/August	T/F	2:00-2:45pm	Beachfront Courts
13-15 year olds	July/August	M/Th	2:45-3:30pm	Beachfront 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	11:00-12:00pm	
13-15 year olds	July/August	M/T/Th/F	12:00-1:00pm	
Tiny Tri				
6-7 year olds	July/August	M/Th	8:30-9:15am	
6-7 year olds	July/August	T/F	8:30-9:15am	
7-8 year olds	July/August	M/T/Th/F	9:15-10:00am	
Competitive Swimming				
DEVELOPMENTAL:	July/August	M/Th	12:45-1:45pm	Born 2010 or later
DEVELOPMENTAL (11-15):	July/August	T/Fr	12:45-1:45pm	Born 2010 or earlier
DEVELOPMENTAL:	July/August	M/T/Th/F	1:45-2:45pm	
COMPETITIVE:	July/August	M/T/Th/F	7:30-9:00am & 2:30-4:00pm	
Water Polo				
DEVELOPMENTAL:				
Splash – Class 1	July/August	M/Th	2:15-2:45pm	Born 2013, 2014, 2015
Splash – Class 2	July/August	T/F	2:15-2:45pm	Born 2013, 2014, 2015
Splash – Class 3	July/August	M/Th	2:45-3:15pm	Born 2013, 2014, 2015
Splash – Class 4	July/August	T/F	2:45-3:15pm	Born 2013, 2014, 2015
Splash – Class 5	July/August	M/Th	3:15-3:45pm	Born 2013, 2014, 2015
Splash – Class 6	July/August	T/F	3:15-3:45pm	Born 2013, 2014, 2015
U10	July/August	M/T/Th/F	3:45-4:30pm	Born 2012, 2013
COMPETITIVE:				
U12	July/August	M/T/Th/F W	3:45-4:45pm 12:45-2:00pm	Born 2010, 2011
U14	July/August	M/T/Th/F W	4:30-5:30pm 1:45-3:00pm	Born 2008, 2009
U16	July/August	M/T/Th/F W	5:30-6:30pm 2:45-4:00pm	Born 2006, 2007

Artistic Swimming (Synchro)				
RECREATIONAL:				
Star Program	July/August	M/T/Th/F	5:30–6:00pm for Star 1 6:00–6:30pm for Star 2 6:30–7:00pm for Star 3,4,5,6 7:00–7:30pm for Star 7,8,9,10	CBSC Pool
COMPETITIVE:				
All swimmers	July & August	M/T/W/Th	M 7:30pm- 9:30pm W 8:00am – 12:00pm Tu/Th 7:30pm-8:30pm	CBSC Pool
Masters (16+)				
Morning Masters Swim	July/August	M/W/F	6:30-7:30am	Enhanced Masters Swim
Morning Masters Swim	July/August	T/Th	6:30-7:30am	Enhanced Masters Swim
Evening Masters Swim	July/August	T/Th	7:30-8:30pm	Free. Drop-In. Coach present.
Morning Masters Run	July/August	T/Th	6:30-7:30am	Enhanced Run Training- Beg & Experienced groups
Morning Masters Water Running	July/August	W	7:30-8:00am	Free. Drop-In. Coach present.
Adult Lane Swim	July/August	T/Th W Sun	8:30-9:30pm 8:00-9:00pm 10am-12:00pm	Free. Drop-In.

CBSC Swimming Lessons Schedule 2021

M/T/Th/F		Floaters		Beginner Gliders	Advanced Gliders	Strokers				
	SPL	Tiny Tots	F1	F2	BG	AG	S1	S2	S3	Stroke Correction
9:00				F2, F2	BG	AG, AG, AG	S1, S1			SC
9:30		TT, TT	F1, F1	F2		AG, AG		S2	S3	SC
10:00	P&T M/Th Spl T/Fr		F1, F1		BG, BG, BG	AG, AG	S1		S3	
10:30	Spl M/Th Spl T/Fr			F2, F2	BG, BG, BG	AG, AG		S2		SC
11:00	Spl M/Th Spl T/Fr		F1		BG, BG, BG	AG, AG, AG		S2		SC
11:30				F2, F2	BG, BG, BG	AG, AG, AG	S1		S3	
12:00		TT, TT	F1		BG, BG	AG	S1		S3	SC
12:30		TT, TT			BG	AG, AG, AG	S1	S2, S2		
1:00			F1, F1	F2, F2						
1:30			F1, F1	F2, F2						
4:30			F1, F1	F2, F2						
5:00			F1, F1	F2, F2						
6:30	Family Lesson x 3									
7:00	Family Lesson x 3									
SATURDAY – once a week					Beginner Gliders	Advanced Gliders	Strokers			
11:00					BG	AG	S1	S2	S3	
11:30					BG	AG	S1	S2	S3	