

CRESCENT BEACH SWIMMING CLUB  
VOLLEYBALL  
SUMMER 2021

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We are pleased to welcome you to CBSC volleyball for the 2021 season! This year, Head Coach Stella Zandstra and Coaches Chloe Fong and Brenna McGowan 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 six-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.

\*\*\*New for 2021 – all volleyball lessons will be at the Crescent Beach beachfront volleyball court located by the tank, across from where the footraces are held. Wednesdays will be drop-in game days – sign up with Head Coach Stella to come by and play a game. Everyone is welcome!

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 - Monday & Thursday 1:15pm-2:00pm  
July/August - Tuesday & Friday 1:15pm-2:00pm  
July/August - Monday & Thursday 2:00pm-2:45pm  
July/August - Tuesday & Friday 12:00pm-12:45pm  
July/August - Tuesday & Friday 2:45pm-3:30pm

13-15 year olds

July/August - Monday & Thursday 11:15am-12:00pm  
July/August - Tuesday & Friday 11:15am-12:00pm  
July/August - Monday & Thursday 12:00pm-12:45pm  
July/August - Tuesday & Friday 2:00pm-2:45pm  
July/August - Monday & Thursday 2:45pm-3:30pm



**Drop-in Wednesdays:**

Games to take place between 11:15am-2:45pm  
Specific drop-in schedule TBD on a weekly basis