

CBSC 2022 Swim Program Schedule

Program	Month	Days	Times	Details
Lifesaving				
Bronze Star	July	July 9-10	Sat/Sun - 9:00am-2:00pm	CBSC Pool
Bronze Medallion Must be 13 or have Bronze Star	July	July 15 - 17	Fri - 4:00-8:00pm Sat/Sun- 9:00am-5:00pm	CBSC Pool
Bronze Cross Must have Bronze Medallion	August	August 12 – 14	Fri - 4:00-8:00pm Sat/Sun- 9:00am-5:00pm	CBSC Pool
Leaders				
Must have Bronze Cross and born in 2007 or earlier	July/August	TBA	1:00-2:00-pm	First class Thurs, July 7
Volleyball				
11-12 year olds	July/August	M/Th & T/F	12:45-1:30pm	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	10:00-10:55am	
11-12 year olds	July/August	M/T/Th/F	11:00-11:55am	
13-15 year olds	July/August	M/T/Th/F	12:00-12:55pm	
Tiny Tri				
6-7 year olds	July/August	M/Th	8:30-9:15am	
7-8 year olds	July/August	M/T/Th/F	9:15-10:00am	
Competitive Swimming				
DEVELOPMENTAL:	July/August	M/T/Th/F	1:45-3:00pm	
COMPETITIVE:	July/August	M/T/Th/F W	7:30-9:00am & 2:45-4:00pm 12:00-1:00pm	
Water Polo				
DEVELOPMENTAL:				
Splash – Class 1	July/August	M/Th	2:15-2:45pm	Born 2014, 2015
Splash – Class 2	July/August	T/F	2:15-2:45pm	Born 2014, 2015
Splash – Class 3	July/August	M/Th	2:45-3:15pm	Born 2014, 2015
Splash – Class 4	July/August	T/F	2:45-3:15pm	Born 2014, 2015
Splash – Class 5	July/August	M/Th	3:15-3:45pm	Born 2014, 2015
Splash – Class 6	July/August	T/F	3:15-3:45pm	Born 2014, 2015
U10	July/August	M/T/Th/F	3:45-4:30pm	Born 2013, 2014
COMPETITIVE:				
U12	July/August	M/T/Th/F	7:30-8:30am & 4:00-5:00pm	Born 2011, 2012
U14	July/August	M/T/Th/F	8:30-9:30am & 4:45-5:45pm	Born 2009, 2010
U16	July/August	M/T/Th/F	8:30-9:30am & 5:30-6:30pm	Born 2007, 2008

Artistic Swimming				
RECREATIONAL:				
Star Program	July/August	M/T/Th/F	9:00–9:25am for Star 3&4 9:30–9:55am for Star 5 10:00-10:25am for Star 6 10:30–10:55am for Star 7, 8, 9 11:00-11:25am for Star 1 11:30-11:55am for Start 2	Mathisen Pool
COMPETITIVE:				
All swimmers	July& August	M/T/W/Th	M 6:30pm- 8:30pm W 8:00am – 12:00pm Tu/Th 7:30pm-8:30pm	CBSC Pool
Masters				
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 Power Walk	July/August	T/Th	6:30-7:30am	Power Walking - Beg & Experienced groups
Adult Lane Swim	July/August	T/Th	8:30-9:30pm	Free. Drop-In.
Adult Water Running	July/August	W Sa	7:30-8:00am 12:30-1:00pm	Free. Drop-In.

CBSC Swimming Lessons Schedule 2022

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

- All swim lessons are 25 minutes long and run rain or shine.
- Information on the different level objectives is available on the CBSC website. Please speak with the Head Learn to Swim if you are unsure as to which level is right for your child. Please don't overestimate your child's level. All Strokers 1 should be able to swim 25m.
- All Parent & Tot (P&T) classes require an adult (person over age 16) to be in the pool with the swimmer to guide the swimmer during the lesson.