

CBSC 2023 Swim Program Schedule

Program	Month	Days	Times	Details
Lifesaving				
Bronze Star	July	July 8-9	Sat/Sun - 9:00am-2:00pm	CBSC Pool
Bronze Medallion Must be 13 or have Bronze Star	July	July 14 – 16	Fri - 4:00-8:00pm Sat/Sun- 9:00am-5:00pm	CBSC Pool
Bronze Cross Must have Bronze Medallion	August	August 11 – 13	Fri - 4:00-8:00pm Sat/Sun- 9:00am-5:00pm	CBSC Pool
Leaders				
Must have Bronze Cross and born in 2008 or earlier	July/August	TBA	1:00-2:00-pm	First class Thurs, July 6
Volleyball				
11-12 year olds	July/August	M/Th	9:15-10:00am	Beachfront Courts
11-12 year olds	July/August	T/F	10:00-10:45am	Beachfront Courts
11-12 year olds	July/August	T/F	10:45-11:30am	Beachfront Courts
11-12 year olds	July/August	M/Th	12:00-12:45pm	Beachfront Courts
11-12 year olds	July/August	T/F	12:45-1:30pm	Beachfront Courts
13-15 year olds	July/August	T/F	9:15-10:00am	Beachfront Courts
13-15 year olds	July/August	M/Th	10:00-10:45am	Beachfront Courts
13-15 year olds	July/August	M/Th	10:45-11:30am	Beachfront Courts
13-15 year olds	July/August	T/F	12:00-12:45pm	Beachfront Courts
13-15 year olds	July/August	M/Th	12:45-1:30pm	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 (7-11yrs)	July/August	M/T/Th/F	12:45-2:00pm	
DEVELOPMENTAL (11yrs+)	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 2015, 2016
Splash – Class 2	July/August	T/F	2:15-2:45pm	Born 2015, 2016
Splash – Class 3	July/August	M/Th	2:45-3:15pm	Born 2015, 2016
Splash – Class 4	July/August	T/F	2:45-3:15pm	Born 2015, 2016
Splash – Class 5	July/August	M/Th	3:15-3:45pm	Born 2015, 2016
Splash – Class 6	July/August	T/F	3:15-3:45pm	Born 2015, 2016
U10	July/August	M/T/Th/F	3:45-4:30pm	Born 2014, 2015
COMPETITIVE:				
U12	July/August	M/T/Th/F	7:30-8:30am & 4:00-5:00pm	Born 2012, 2013
U14	July/August	M/T/Th/F	8:30-9:30am & 4:45-5:45pm	Born 2010, 2011
U16	July/August	M/T/Th/F	8:30-9:30am & 5:30-6:30pm	Born 2008, 2009

Artistic Swimming				
RECREATIONAL:				
Star Program	July/August	M/T/Th/F	9:00–9:25am for Star 3 9:30–9:55am for Star 4 & 5 10:00–10:25am for Star 6 & 7 10:30–10:55am for Star 7 & 8 11:00–11:25am for Star 1, 9/10 11:30–11:55am for Star 2	Mathisen Pool
COMPETITIVE:				
All swimmers	July & August	M/T/W/Th	M 6:15pm- 8:30pm W 8:00am – 12:00pm Tu/Th 7:15pm-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 2023

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		S2		SC
9:30			F1	F2	BG	AG, AG	S1	S2	S3	
10:00	P&T <small>M/Th</small> Spl <small>T/Fr</small>	TT			BG	AG, AG	S1	S2	S3	
10:30	Spl <small>M/Th</small> Spl <small>T/Fr</small>		F1	F2	BG	AG	S1	S2	S3	
11:00	Spl <small>M/Th</small> Spl <small>T/Fr</small>		F1		BG	AG, AG	S1	S2		SC
11:30		TT		F2	BG, BG	AG, AG	S1		S3	SC
12:00			F1	F2	BG, BG	AG, AG	S1		S3	SC
12:30					BG, BG	AG, AG, AG	S1	S2	S3	
1:00		TT	F1, F1	F2, F2						
1:30			F1, F1	F2, F2						
4:30										
5:00			F1, F1	F2, F2						
5:30			F1, F1	F2, F2						
6:00			F1, F1	F2, F2						