

# THE *Seahorse*



est 1918



2023

PROGRAMS & SCHEDULE  
CRESCENT BEACH SWIMMING CLUB







# PRESIDENT'S MESSAGE

We are thrilled to have you join us for our 105th summer at the Crescent Beach Swimming Club, which will once again be filled with friends, activities, and candy. As volunteers dedicated to creating an enriching experience for kids, young and old, we have curated a diverse program that offers swimming, tennis, sailing, pickleball, artistic swimming, paddleboarding, volleyball, triathlon, lifesaving, and water polo. Whether you're a seasoned club member or just starting to explore these activities, our coaches will guide you every step of the way, making sure you have the opportunity to learn, grow, and have a blast.

As most of you already know, this isn't just any ordinary club. Nope, this place is powered by the sheer awesomeness of generational volunteers who believe in creating a space where everyone can unleash their inner champions. We value each

and every member's contribution and encourage everyone, from ages 2 - 99, to actively participate, support one another, and take care of our beautiful shared space. Crescent Beach summers are all about teamwork, and if you dive right into our summer programs, you're going to make friends who will have your back for years - and decades - to come.

So dig out your goggles, nose plugs, tennis rackets, life jackets, and paddles, and get ready for a summer packed with laughter, adventure, and more memories than you can imagine. I'm looking forward to catching up with all of you down at the beach.

~ Kate Montgomerie, President

## SEAHORSE PICNIC

Thursday, July 6 5:30 - 7:30pm

At Alexandra Park, everyone welcome. Our CBSC kick off to summer! Bring a picnic dinner and enjoy a great evening complete with games, face painting, crafts and more. Meet all the coaches, staff, the president and board. A fabulous chance for new members to meet people and for alumni to reconnect with old friends. Games at 5:30pm, welcome from president and introductions at 6:30pm. Will be postponed if it rains. ~ **FREE** Coordinators: Youngbergs & Roberts

## FRIDAY NIGHT FOOTRACES

Every Friday Night 7pm

"In front of Oppenheimer's" (3012 O'Hara Lane, Beach side). Lots of running, fun and candy for kids 12 & under. ~ **FREE**

## PENTATHLON

July 7 & 14, August 4 & 11

At "the Point" after the Footraces. Lots of fun for kids 8-12 years old. Running and swimming. You might also get sort of messy! Participants must pre-register. ~ **FREE**

## SANDCASTLE CONTEST ALL AGES!

Sunday, July 16 9:30 - 11:30am

Join us for the best family competition event at CBSC! On the front beach just north of the end of Beecher St. (in front of Abernethy's @ 2756 O'Hara Lane). Bring your building tools and sandcastle ideas. Digging starts at 10am sharp. Judging at 11am. Awards at 11:30am. Advanced registration is preferred but on-site applicants at 9:30am will always be welcome! ~ **FREE** Coordinators: Heather Keighron & Craig Oldring

## SEAHORSE DANCES

(Three Dances - note each age group)

Dress to impress in your best CBSC attire! Music, dancing & prizes. Cash concession with snacks, candy, pop & slushies. Dance the night away with your favourite coaches and have non-stop fun! **Fee: \$10** Location: Elgin Hall (14250 Crescent Rd) Coordinators: Erica, Hilary, Jackie & Lindsey

### Junior Seahorse Dance

Tuesday, July 11 5:30 - 7pm

AGE 8-9 (MUST BE GOING INTO GR. 3/4)

### Seahorse Dance

Tuesday, July 11 7:30 - 9pm

AGE 12-14 (MUST BE GOING INTO GR. 7/8/9)

### Intermediate Seahorse Dance

Tuesday, July 18 6:30 - 8pm

AGES 10-11 (MUST BE GOING INTO GR. 5/6)

## BULLHEAD DERBY AGES 12 & UNDER

Thursday, July 13 & Monday, August 14 6pm

Who will catch the biggest fish? Registration at the pier at 6pm, fishing from 6:30 to 7:30pm. BYOB&FG (Bring your own bait and fishing gear). Lots of fun, lots of prizes. ~ **FREE** Coordinator: Shannon Davidson

## BINGO

Friday, July 21 & August 18 7:30pm

At Alexandra Park. Who will win the blackout? Family excitement, entertainment and great prizes. **Fee: \$2 per card** Coordinators: Graham, Grant & Chris, aka 'The Bingo Guys'

## SNAIL RIVER RUN

Tuesday, July 25 5:30pm

"In front of Oppenheimer's" (3012 O'Hara Lane) for a "once around the beach fun run/walk/ride" (8 & under may ride bikes). Awards for "Parent & Child" teams and individuals. Register on registration day or online - deadline is July 16th. T-shirt order deadline is TBD. Many non-running volunteers are needed. Look for a sign-up call through email. **Fee: \$8 entry, plus cost of T-shirt (cost TBD)** Coordinators: Brie Lee & Heather Bitter

## MEN'S GOLF

Saturday, August 5 12 noon

Calling all hackers! It's time for the annual CBSC men's golf tournament - all levels of golf ability are welcome. Golf will be played at Nico Wynd, starting with a shotgun start at 12pm. We have the entire course reserved so we will be accepting 72 open spots this year. Keep in mind this is a long weekend. Prize contributions are welcomed! **Fee: \$125 (for golf, prizes, snacks, dinner & drinks)** Commissioner: Kevin Estabrooks

## LADIES' GOLF

Saturday, August 12 12:30pm

Ladies' golf is back for 9 holes of laughter & fun - all skill levels welcome. Shotgun start 12:30pm at Nico Wynd followed by cocktail & canape party at the club from 6-9pm. Pairs and foursomes are welcome to request to play together but not necessary - register as a single and make some new friends! This event will be capped at 72 golfers, so register quickly. Email all team requests, prize donations or questions to connor.brodie@gmail.com **Fee: \$100 (for golf, dinner, drinks and prizes)** Coordinators: Connor Brodie & Sara Turner

## SALLY'S SHAKER

Tuesday, August 22 6 - 7pm

At the CBSC Tennis Courts. Also known as the "Tennis Court Dance" (for ages 7 & under). Come join Rhys Edworthy as he leads the kids in dancing, marching and having a great time. Cold treat to finish. ~ **FREE**

# TENNIS



## TENNIS & PICKLEBALL

**Welcome to Tennis and Pickleball at CBSC!** The Tennis Committee and Coaches are excited to offer a variety of lessons, tournaments and activities for all skill levels. Join us for a summer filled with tennis, pickleball and lots of fun! We're also thrilled to announce our new Head Coaches Courtney Carmichael and Emma Kolousek.

**WHAT IS PROGRESSIVE TENNIS?** Progressive Tennis introduces the sport of tennis in a fun and interactive way and ensures rapid success for young players. Using modified tennis balls, racquets, nets and courts, young players are properly equipped to enjoy rallies and learn the fundamentals of the game early on. Skills are developed much quicker, allowing for an easy transition to full court tennis. Tennis Canada fully endorses Progressive Tennis.

## TENNIS PROGRAM

### JUNIOR

All junior programs run 2 x week.

Mon/Thurs or Tues/Fri between 9am and 5pm.

Wed/Sat between 9 and 11am

### RED BALL 4-7 yrs.

Introduces basic strokes and fundamentals with focus on coordination. Players 4 years and older learn basic rally, serve and net-play skills along with fun activities that build tennis coordination. Classes are 25 min. **Fee: \$50/month**

### ORANGE BALL 8-9 yrs.

3/4 court tennis introduces tactical awareness and focuses on improving strokes and ball control. Classes are 55 min. **Fee: \$100/month**

### GREEN BALL 10-11 yrs.

Full court tennis introduces building points and decision-making with a focus on utilizing techniques for tactical control. Classes are 55 min. **Fee: \$100/month**

### REGULAR BALL 12-17 yrs.

Divided between Fundamental (Regular) and High Performance (HP) classes. REGULAR classes are 55 min. **Fee: \$100/month** HIGH PERFORMANCE (HP) Classes are 85 min. **Fee: \$150/month** HP - \*\*Head Coach pre-approval is needed for registration.\*\*

## ADULT

All adult lessons run once per week.

### ADULT LESSONS (18+)

CBSC will offer adult lessons Monday and Wednesday evenings (sign-up for one or both days). Beginner Classes are 55 min. **Fee: \$50/month** Intermediate Classes are 85 min. **Fee: \$75/month** High performance adult play Thursdays - 6 - 8pm **Fee: \$40/month (no class July 27 & Aug 17)**

### ADULT CARDIO DRILLS (18+)

Cardio Tennis is a high-energy fitness activity that combines the best features of the sport of tennis with cardiovascular exercise, delivering the ultimate, full body, calorie-burning aerobic workout. It is a very social and fun class for new and advanced tennis players alike! Tuesday or Thursday mornings 55 mins **Fee: \$50/month**

### PRIVATE LESSONS (ALL AGES)

CBSC offers private or semi-private lessons. Contact the Head Coaches in person or at [hctennis@cbswimclub.ca](mailto:hctennis@cbswimclub.ca) for details & pricing.

### TENNIS LEADERS (15+)

This summer-long program caters to players interested in becoming future CBSC tennis coaches. Participants will be introduced to coaching and get hands-on experience. They are encouraged to sign-up for the High Performance class. Volunteering is required for this program. **Fee: \$110/Summer.** Anyone interested must attend a **Leaders Information Session Tuesday, July 4 at 2pm.**

### CBSC TENNIS JUNIOR LEAGUE

The Delta Valley Junior League has been around for 30+ years and is a mixed league for junior tennis players from clubs across the Fraser Valley. All team members must be 14-18 and enrolled in tennis lessons at the Club. Matches are Wednesdays. Try-outs for the team may be required.

### WELCOME TO TENNIS

Come meet and play with your CBSC tennis coaches. Join us **Tuesday, July 4, 6 - 8pm.** Adults only.

### CBSC JUNIOR TENNIS TOURNAMENTS

Competition for the coveted CBSC tennis trophies is held during the **last week of August** for singles and doubles players in lieu of lessons! A warm-up singles tournament will be held Wednesday, July 26.

### TENNIS CARNIVAL

Come and join the coaches **Wednesday, August 9 at 2pm** for an afternoon full of tennis games, fun activities and a chance to win some prizes!

### ADULT & CHILD TOURNAMENTS

The "Adult & Child" tournament will be held on **Sunday, July 23** and the "Parent and/or Grandparent & Child" tournament will be held on **Sunday, August 13.** These tournaments are designed to allow children to experience competition in a friendly & fun environment.

### ADULT TOURNAMENTS

The Adult "Mixed Doubles" tournament will be held **Sunday, July 9** and the "Men's & Ladies' Doubles" tournament on **Sunday, July 30.** Entry fees are by donation. All levels are welcome to participate.

### TENNIS AWARDS CEREMONY

Join us **Saturday, August 26 at 4 pm** as we present our winners with historical coveted family trophies. Trophies are presented for all ages U6 to U18, singles, doubles and to recognize outstanding players and coaches.

### PICKLEBALL


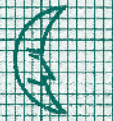



**Pickleball Saturdays are back!** Open play on Courts 3 and 4 **Saturdays from 11:30am - 5pm.** Pickleball Socials for Juniors and Adults - see website for dates.



- **PLAYERS' AGE FOR ALL LESSONS AND TOURNAMENTS IS AS OF DECEMBER 31, 2023.**
- **ALL PLAYERS FOR LESSONS, TOURNAMENTS AND EVENTS MUST BE CBSC MEMBERS.**
- **ALL PLAYERS WANTING TO PLAY UP AN AGE CATEGORY MUST GET PERMISSION FROM THE HEAD COACH.**
- **MINIMUM SIGN UP FOR ALL PROGRAMS IS FOR ONE MONTH FOR ALL JUNIOR & ADULT PROGRAMS EXCEPT FOR LEADERS.**

## 2023 TENNIS STAFF

HEAD COACHES	COURTNEY CARMICHAEL & EMMA KOLOUSEK
COACHES	KATE PATUEL, ADAM ARMSTRONG, STELLA HUNKA, SYDNEY APELO CRUZ, DUNCAN MILLER, OLIVER BOTELHO, MAYSEN APELO CRUZ, HAYDEN CARMICHAEL, OWEN GOOD, CHLOE MILLER, CAITLYN SKLERYK, CHARLIE CRANSTON, CARYS HUNKA, ROWAN HARTSHORNE



	SUN	M	T	W	TH	F	SAT
	 JULY 3	 JULY 9	 JULY 17	 JULY 25			 1 CANADA DAY REGISTRATION DAY
WEEK 1	2	3	4	5	6	7	8
		JULY LESSONS BEGIN	Welcome to Tennis		Seahorse Picnic	Footraces (every Friday) Pentathlon	
WEEK 2	9	10	11	12	13	14	15
	Adult Mixed Doubles		Junior Seahorse & Seahorse Dance	Richmond Developmental Meet	Bullhead Derby	Pentathlon	WRASA Meet PNO
WEEK 3	16	17	18	19	20	21	22
	WRASA Meet Sandcastle Contest		Intermediate Seahorse Dance	CBSC "B" Meet (no Family Swim)		BINGO	Sunfish Meet
WEEK 4	23	24	25	26	27	28	29
	Sunfish Meet Sailing Regatta Adult & Child Tennis		Snail River Run	Waterfront Event U10 & U12 Water Polo Tournament (no Family Swim) Singles Tennis Tournament	Artistic Swim Regionals		JULY GALA Tank Swim

	SUN	M	T	W	TH	F	SAT
WEEK 5	30 Men's & Ladies' Doubles Tennis Surrey Meet	31 AUGUST LESSONS BEGIN (Yes, in July!)	1 Water Polo Regionals	2	3	4 Swim Regionals Pentathlon	5 Swim Regionals Men's Golf
WEEK 6	6 Swim Regionals	7 B.C. DAY	8	9	10 Artistic Swim Exhibition Alumni Water Polo Game Tennis Carnival	11 Pentathlon	12 Ladies' Golf Semiahmoo Cup
WEEK 7	13 Parent/Grandparent & Child Tennis	14 Bullhead Derby BCSSA Provincials Nanaimo (Aug. 14 -20)	15	16	17	18 BINGO	19 SAILING REGATTA & BBQ
WEEK 8	20 Kids Triathlon	21	22 Sally's Shaker (aka Tennis Court Dance)	23	24 Artistic Swim Show (no Family Swim) Summer AGM	25	26 TENNIS AWARDS
	27 AUGUST GALA & AWARDS Tank Swim (no Family Swim)	28	29	30	31 AUGUST 16	 AUGUST 24	

► The CBSC relies on many volunteers to help keep things running smoothly. From time to time we need more volunteers for particular events or initiatives. If you want to get on our volunteer list or help the club in a different capacity, please email Kerri at [volunteer@cbswimclub.ca](mailto:volunteer@cbswimclub.ca)

**PNO (Parent's Night Out) AGES 25+**  
**Saturday, July 15 Doors open 6pm**  
**At Camp Alexandra**

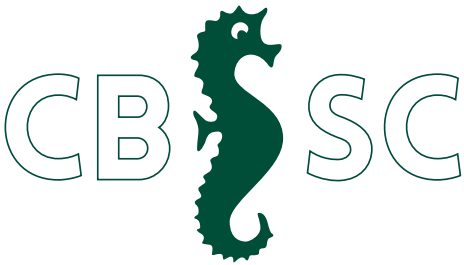
PNO is excited to welcome you to party! This years' theme is HOLLYWOOD - come dressed as your favourite famous or infamous star. Hotdogs, fries & donuts are included in cost of tickets again this year. [Please note there is NO sit down dinner.] Be prepared to be entertained by some oldie stars! Fee: \$75  
Coordinators: Glencora, Jordan, Ashley & Melissa

**TROPHY RETURNS**

This year for trophy collection we will continue last year's format by providing various dates and locations to drop off your trophy. The first date will be on Registration Day, **Saturday July 1, at the Clubhouse**. Please look for our table! The other dates are: **Friday, July 7, 14, & 21**. The drop off locations for these dates will be emailed out. Please remember to return your trophy engraved. Any questions, contact [trophies@cbswimclub.ca](mailto:trophies@cbswimclub.ca)

**MEMBERS' GENERAL MEETING**

**Thursday, August 24**  
**'After the Aristic Swim Show'**  
Otherwise known as the "Summer AGM", this always entertaining evening will take place immediately after the Artistic Swim Show at the CBSC Pool. Only at CBSC: Directors present their summer reports in the form of poems & song, to wrap up the summer!



**2023 FACILITIES STAFF**

CREW	SPENCER BRINE, HAYDEN CARMICHAEL, ROHAN DHESI, KYLE JANZEN, HARRIS MILLAR, EKAAMBIR DHILLON, MASON MACGREGOR, CHASE MACAULEY
------	--



# SWIMMING



## 2023 SWIMMING STAFF

### HEAD COACHES

Head Coach Ruby Kramer  
Head Learn To Swim Coaches Liv Francoeur  
Assistant Head Learn to Swim Natalie Cooke  
Head Competitive Swim Coach Quinn Funke  
Assistant Head Coaches Claudia Phillips & Tobey Clendenin

### Head Developmental Swim Coaches

Blake Nelson & Chloe Fong  
Eva Messcu  
Charley Tepper & Sally Montgomerie

### Head Artistic Swim Coach Assistant Head Artistic Swim

Thomas Gibson  
Harry Gibson & Joe Rosette

### Head Comp. & Dev. Water Polo Coach Assistand Head Competitive WP

Finn Glanville  
Chloe Fong

### Assistand Head Developmental WP

Head Volleyball Coach  
Assistant Head Volleyball  
Head Triathlon Coaches

Brayden Dumont  
Kaelem Dumont  
& Mattias Anderson

### Head Lifesaving Coaches

Thomas Gibson & Raya Hartshorne  
Raya Hartshorne

### COACHES

SADIE JORGENSEN, GEORGIA SPRINGATE, KATE HUNTER, KLEIN MCEVOY, LILY COX, NADIA ANDERSON, WILLEM ZANDSTRA, BERNADETTE PATTERSON-OTT, CAMERON FORREST, CHARLOTTE BASTIEN, HENRY LEE, INDIGO TWIGG, MAGGIE TURNER, MATTHEW LOPES, PETE MONTGOMERIE, SAMUEL RIDGE, SOPHIE FRANCOEUR

### CONCESSION

HEAD: BRIDGE LAVALI; HARRIS MILLER, MACIE LAFRAMBOISE

### LEARN TO SWIM

Lessons start July 3, 2023 and run M/T/TH/F.  
August lessons start on July 31, 2023.  
**Fee: \$100/month**

For private swim lessons, contact our Head Learn to Swim coaches at swimlessons@cbswimclub.ca

### LIFESAVING

#### Offered on one weekend only.

- A) **Bronze Star** July 8-9 **Fee: \$105**  
B) **Bronze Medallion** July 14-16 **Fee: \$170**  
Must be 13 years old by July 16 or have Bronze Star.  
C) **Bronze Cross** August 11-13 **Fee: \$170**  
Must have Bronze Medallion.

### LEADERS

8 week course: First 2 and last 2 weeks – once a week. Middle 4 weeks, M/T/Th/F. **100% at all classes and attendance at most CBSC events required in order to complete the course (prior approval for any missed classes or events is required).** For those born in 2008 or earlier. Must have Bronze Cross to complete the Leaders course. Successful completion of Leaders is a requirement for those who wish to apply for future swim coach positions at CBSC. Please note: priority preference for leaders course registration and swim coach positions will be given to those who have significant past involvement with CBSC and participated in a competitive program at CBSC up to & including their Leaders year.  
**Fee: \$110 (T-shirt included)**

### JUNIOR LIFEGUARD CLUB

Ages 10-14, two 1 hour sessions per week (M/Th & T/F), offered in July and August. Location details: Meet at lifeguard tower at the foot of Sullivan St.  
**Fee: \$50/month**

## SPEED SWIMMING

### COMPETITIVE

For those swimmers representing CBSC at swim meets during the summer. Swimmers are expected to compete in meets selected by their coaches. Training is twice a day M/T/Th/F. Swimmers must register for July & August. **Fee: \$165/month** includes meet entry fees (not incl. Provincials). **Swimmers must be registered with BCSSA\*.**

### DEVELOPMENTAL

An introduction to competitive swimming by building endurance and strength and developing proper techniques in competitive strokes. All developmental swimmers must be able to swim 300 meters comfortably and have a good grasp of all four strokes. Training is once a day, M/T/Th/F. Developmental swimmers are encouraged to swim in the **CBSC "B" Meet on July 19** and possibly one other developmental meet.  
**Fee: \$110/month Swimmers must be registered with BCSSA\* if they wish to compete in a swim meet.**

## WATER POLO

Water polo is played in deep water & players must be comfortable treading water, and have a solid swimming background.

### COMPETITIVE: 3 Competitive Teams

1. (U12) born 2012/2013
2. (U14) born 2010/2011
3. (U16) born 2008/2009

All competitive players should be able to swim 200 meters unassisted. The competitive teams will train M/T/Th/F in both the morning and afternoon and will enter up to 3 tournaments, Regionals and (hopefully!) Provincials. Players must register for July & August. **Fee: \$150/month**, includes tournament entry fees (not incl. Provincials). **Players must be registered with BCSSA\*.**

### DEVELOPMENTAL: 2 Groups

1. (U10) born 2014/2015
2. (Splash Program) 2015/2016

All developmental players must be able to swim 25 meters.

The U10 sessions will be 45 minutes in the afternoons, M/T/Th/F. All U10 players are encouraged to participate in the U10/U12 CBSC tournament July 26. **Fee: \$80/month**

The Splash sessions will be 30 minutes, two days per week in the afternoon. **Fee: \$60/month**

## ARTISTIC SWIMMING

### COMPETITIVE ARTISTIC SWIMMING

For artistic swimmers who want to compete for CBSC at the Provincials in individual figures & team events. Full commitment is necessary due to the short season and team development of the routines. Practice times will be Mon, Tues, Thurs evenings and Wed mornings. Artistic swimmers must register for July & August. **Fee: \$150/month**  
**Competitive artistic swimmers must be registered with BCSSA\*.**

### RECREATIONAL ARTISTIC SWIMMING

Takes place M/T/Th/F (mornings only) at the Mathisen's Pool, 12335 Sullivan St. Ages 7 & over (and 6 yr olds turning 7 by the end of August who can swim 50 meters). **Fee: \$100/month**

### RECREATIONAL ARTISTIC SHOW (ALL AGES)

Thursday, August 24 7pm

At the CBSC pool. Come see a great show demonstrating the synchro skills our kids have learned, displayed in an uber-creative way! Lots of fun. ~ **FREE**

## BCSSA\*

An **annual registration fee of \$42** for insurance is required for all developmental swimmers competing in meets, competitive swimmers, competitive water polo players and artistic swimmers. The fee is \$42 regardless of how many disciplines the child is registered in and is valid April 2/23 - Aug 30/23. BCSSA Registration is online only and should be completed before registering for classes. **Registration must be complete by July 5 to compete in Regionals.** Contact Anna Nelson at BCSSAregistrar@cbswimclub.ca

## VOLLEYBALL

For ages 11-15, twice per week: M/Th or T/F, 45 min. lesson. At the beach courts by the Tank.  
**Fee: \$60/month**

## TRIATHLON

The program includes all aspects of triathlon training and competition. Training will be M/T/Th/F and will cover 1-2 of the triathlon disciplines (swimming, cycling and running) per day. Open to children in the age groups 9-10; 11-12; 13-15. Bikes are not supplied and helmets are mandatory. **The Kids Triathlon is August 20. Fee: \$110/month**

### TINY TRI

Introductory triathlon training similar to our original Triathlon but on a smaller scale. Training will be a 45 minute lesson and may cover all disciplines (swimming, cycling and running) per day. Open to children 6-8. **Must be able to ride without training wheels. M/Th 6-7 yr. olds, Fee: \$60/month**  
**M/T/Th/F 7-8 year olds, Fee: \$105/month**

### SWIMMING GALAS

Saturday, July 29 and Sunday, August 27

The Galas are open to all club members who have attended lessons or training prior to the Gala or are 15 yrs. or over. Artistic Swimming, Speed Swimming, Water Polo, Triathlon, Lifesaving, Junior Lifeguard Club, and Learn to Swim Lessons all qualify if the person is properly registered. Completion of a Tanker Swim is preferable before the first Gala. Deck entries are allowed at the July Gala only. **Prior registration is required for the August Gala, by 3pm on the prior Mon, for all events except the adult relays. This is a deadline, no exceptions.** There are no entry fees for either Gala.

### ADULT LENGTH SWIMS

T/Th from 8:30-9:30pm. No length swim on August 22 and August 24. Drop-In ~ **FREE**

### EVENING MASTERS SWIMMING

Adult training with swim coach, T/Th, 7:30 - 8:30pm  
No swim on July 25 and August 24. Drop-In. ~ **FREE**

### MORNING MASTERS SWIMMING

Adult training with swim coach from 6:30-7:30am (except August 23). This program is designed for participants to swim as a group in a lane with similar level swimmers. This is not a learn to swim program, private lessons are available to new to swimming adults - check with the Head Learn to Swim Coach. Registration required. **M/W/F Fee: \$65/month or T/Th Fee: \$50/month**

### MORNING MASTERS RUNNING & POWER WALK

Adult training with triathlon coach, T/Th, 6:30-7:30am. This program is enhanced training designed for all levels! Will be split into a running group and a power walking group. Sessions will include warm-up, stretching and drills to help keep participants injury-free and training consistently. Registration required. **Fee: \$45/month**

### MASTERS WATER RUNNING

Adult Water Running with a swim coach W 7:30-8:00am and Sa 12:30-1:00pm Drop-In. ~ **FREE**

### FAMILY SWIMS

Wed 1-5pm. Tues & Thurs 6:30-7:30pm. Sat & Sun 1-5pm. Cancelled: July 6, July 19, July 26, August 24, August 27. Modified Family Swim hours: July 15 3:30 -7pm, July 16 5-7pm, August 12 3:30-6pm, August 13 5-7pm. Children under 12 yrs. must be accompanied by an adult who accepts responsibility for the child during the swim - **FREE**

### CERTIFICATE SWIMS (Tanker Badges)

At precisely 9am CBT (Crescent Beach Time) at "the Tanks" each Gala morning. Certificates are awarded to swimmers who complete 25 yards using proper freestyle stroke. Participants must be recommended by their coaches and have attended the practice swim.

### KIDD MEDAL SWIMS

During the Certificate Swims medals are awarded to the six youngest swimmers of the year who can complete 25 yards without touching the sides and without progressing solely with the current. Age is based on day of the swim.

### CONCESSION HOURS

Concession will be open M/T/Th/F from 9:00am to 2:00pm plus all family swims and special events.

# SAILING



## SAILING & PADDLEBOARDING COURSES

## SAILING COURSES

### JUNIOR WATERFRONT SAFETY (Born 2015 or 2016)

This program is designed for youth born in 2015 or 2016 and is conducted by our senior coaches. It introduces our youngest sailors to open water and boating safety in a fun and safe learning environment. Whether they are on a short, fun sailing ride or having a sandcastle contest on the sandbar, these young sailors will learn that being safe on the water is part of the fun. Recommended completion of Beginner Gliders swim level.  
**Length: 2 weeks /4 sessions**  
**M/Th or T/F (1:00-3:00pm)**  
**Fee: \$90/Student**

### JUNIOR VOYAGERS (Born 2013 or 2014)

This program is designed for youth born in 2013 or 2014, and follows the ICANSail curriculum from CanSail. It introduces boating safety and basic sailing skills in a safe and fun environment with our new Laser Bugs, a smaller and beginner-oriented sailboat. The age specific curriculum introduces sailors to water safety along with how to sit, balance, and move properly in a boat with the end goal of preparing sailors for our RS Quest fleet.  
**Length: 1 month/8 sessions**  
**M/Th or T/F (10:00am-1:00pm or 3:00-6:00pm)**  
**Fee: \$250/Boat**

### SAIL GREEN (Born 2012 or earlier)

Sail Green is the first course in our CANSail program. Sail Green is designed for young sailors who are looking for a fun introduction to the CANSail levels 1 and 2. This course will touch on safety, knots, basic sailing skills, and maneuvers that are covered in the Sail Canada curriculum. With a high focus on safety, sailors will improve their sailing abilities while having fun in the course.  
**Length: 2 weeks/10 sessions**  
**Weeks 1-2, 5-6, (3:00-6:00pm), Weeks 3-4, 7-8 (12:00-3:00pm)**  
**Fee: \$320/Student**

### SAIL GOLD (Born 2011 or earlier)

Sail Green (CANSail 1 and 2) is a prerequisite for Sail Gold. This course is designed for sailors to learn CANSail levels 3-4. This course encourages sailors to integrate the fundamentals of boat handling with the tactics and strategy used in the racing environment. This is the ideal course for those who are looking to expand on their sailing skills and knowledge and maybe even work towards joining our coaching staff.  
**Length: 1 month/10 sessions**  
**Weeks 1-4, 5-8, (9:00am-12:00pm)**  
**Fee: \$640/Student**

### CHUTES & WIRES (Born 2011 or earlier)

CANSail 3 (Sail Gold) is a prerequisite. The addition of a Spinnaker doubles the sail area of the RS Quest, and with all of that power, we need trapeze wires to keep the boats upright! This course introduces sailors to the more advanced rigging found on competitive racing dinghies, and how to apply them in a competitive environment.  
**Length: 2 weeks /10 sessions**  
**Weeks 1-2, 5-6, (12:00-3:00pm)**  
**Fee: \$320/Student**

### FAMILY SAIL (Born in 2013 or earlier)

This is a course designed to introduce sailing in a family-oriented environment for those new to the sailing community. This program will build confidence in the boats and basic sailing skills, while experiencing some spectacular sunsets on the water. Each family will have their own boat and work closely with our CANSail certified coaches to have a fun and safe experience on the water. Each family will have their own boat and work closely with our CANSail certified coaches to have a fun and safe experience on the water.

**Length: 1 week/4 sessions**  
**Weeks (evenings) 1,2,3,4,5,6,7 (6:00-8:30pm)**  
**Fee: \$275/Family (up to 4 members) All family members and participants attending Family Sail must stay consistent throughout the week.**

### WEDNESDAY NIGHT RACING (Minimum age 19)

Beginners and experienced sailors are welcome. This course is for those interested in learning or expanding on their sailing and racing knowledge in a relaxed social environment. Sessions will begin with an optional lesson, and sailors will put their skills to the test in a fun racing environment.  
**Length: 4 weeks/4 sessions**  
**Wednesdays, Weeks 1-4, 5-8 (6:00-8:30pm)**  
**Fee: \$115/Participant**

### LEADERS (Born in 2008 or earlier)

This leaders program is designed for sailing students who have completed their CANSail 3 and is a prerequisite for becoming a CBSC Sailing Coach. This course will fine tune our leaders' sailing abilities as well as teach the basics of lesson planning, coaching safety, class control, and teaching sailing lessons. The program consists of 5 days of training in addition to weekly meetings and volunteer work.  
**July 5-9 (Week 1, 3:00-5:00pm)**  
**Fee: \$110/Student**

### PRIVATE LESSONS

Our one-on-one coaching is one of the most effective ways to learn both sailing and SUP at every level. Private Lesson Inquiries: Email [hcsailing@cbswimclub.ca](mailto:hcsailing@cbswimclub.ca) to inquire about pricing and to reserve a time, and then pay though your ActiveNet account.

### FREE SAIL & PADDLE (Minimum age 14, or 8 with an adult)

Come out and enjoy a sail or paddle from 12-4pm every Saturday and Sunday. Please note, for Free Paddle, youths must have completed our Paddle Board Orientation (or another set of Paddle Board Lessons) at CBSC to have access to sign out the CBSC paddle boards for this activity. Additionally, you must have completed a Family Sail, or Sail Green course to sign out sailboats. It is mandatory that all sailors and paddle boarders bring their own lifejackets.

## PADDLE BOARDING COURSES

**STAND UP PADDLE BOARD (Born 2011 or earlier, or 2013 with an adult)**  
This is our introductory Paddle Board course where we explore Crescent Beach. In this course you will begin to understand the currents and tides at CB, basic safety, right of way, self-rescue, paddle techniques and plenty of practice paddling in all weather conditions.  
**Length: 2 weeks/4 sessions**  
**Week 1-2, 3-4, 5-6, 7-8 (12:15-1:15pm or 1:45-2:45pm)**  
**Fee: \$78/Student**

**PADDLE BOARD ORIENTATION (Born in 2009 or earlier, or 8+ with an adult)**  
This one hour course provides members with the instruction needed to stay safe while paddle boarding in Crescent Beach. Upon completion of this introductory course, you will have access to sign out the CBSC paddleboards all summer at Free Sail.  
**July 5, 12 (11:00am-12:00pm, or 12:15-1:15pm, or 1:45-2:45pm)**  
**August 2, (12:15-1:15pm or 1:45-2:45pm)**  
**Fee: \$17/Student**

**TANK YOGA (Born in 2003 or earlier)**  
Experience yoga in the most awe-inspiring location, on the CBSC tanks! Taught by a local certified yoga instructor, this special event is for all levels from beginner to experienced. This invigorating stretch includes mindful breath, movement and meditation. Nothing could be better than to start your day outdoors on the water. Bring your own mat and towel. No experience necessary.  
**Age 19 and up. July 14, 28 & August 11, 25 at 7:30am for 75 minutes**  
**Fee: \$17**

**TEEN PADDLE BOARD (Born in 2011 or earlier)**  
On Thur & Fri evenings this summer teens can hang out with their friends while having fun on the water with their Stand Up Paddleboards. After a short lesson, come back to our beloved CBSC Tank for a snack while watching the sunset.  
**July - Th/F (8:00-9:30pm), August - Th/F (7:30-9:00pm)**  
**Fee: \$22 (\$12 with your own board)**

**SUNSET PADDLE BOARD (Born in 2004 or earlier)**  
This has historically been a very popular event and for just a few very special evenings this summer you can enjoy a guided evening paddle while watching a phenomenal CBSC sunset. This is a perfect way to spend an evening out in Crescent Beach with friends, or make some new ones! To finish off this evening there is a relaxing surprise courtesy of the CBSC sailing committee.  
**Dates TBA July (8:15-9:45pm), Dates TBA August (7:45-9:15pm)**  
**Fee: \$45**

**RED CROSS STANDARD FIRST AID; CPR (Born 2007 or earlier)**  
Comprehensive two-day course offering first aid and cardiopulmonary resuscitation (CPR) skills for those who need training due to CBSC requirements or work requirements or who want more knowledge to respond to emergencies at home.  
**June 10 & 11 (10:00am-5:00pm)**  
**Fee: \$120/Student**

**RED CROSS CPR Recertification (Born 2007 or earlier)**  
Red Cross first aid and cardiopulmonary resuscitation (CPR) recertification skills for those who need training due to CBSC requirements or work requirements or who want more knowledge to respond to emergencies at home.  
**June 25 (10:00am-5:00pm)**  
**Fee: \$70/Student**

## 2023 SAILING STAFF

HEAD COACHES	MICHAEL GREENOUGH & LIAM MACKENZIE
ASSISTANT HEAD COACHES	NATHAN REINHEIMER, GEORGIA HUNTER, KOHEN OSING
COACHES	JESSIE GLASS, CASON MARTZ, FELIX BUBBAR, LOUIS WIGHT, JAMES SCOTT, GAEL GALINDO, YVES GALINDO, JOSH WONG



## MEMBERSHIP FEES

**Family** \$250.00  
A Family Membership must be purchased for any children under 12.

**Individual (12 -16)** \$125.00  
For children 12 - 16 years of age who are the ONLY ones in their family that will be participating in club activities.

**Social** \$110.00  
**Senior Citizen (65+)** by donation  
For personal use only.

**Tax receipts are given for donations of \$50.00 or more.**

## REFUND POLICY

Refer to our website or visit the Clubhouse for our full refund policy.

## WEATHER POLICY

Tennis courts closed when wet due to rain.  
Some lessons cancelled in the event of lightning.

## CBSC DIRECTORS

<b>Kate Montgomerie</b>	President president@cbswimclub.ca
<b>Jamie Watson</b>	Past President
<b>Cam Nelson</b>	Treasurer treasurer@cbswimclub.ca
<b>Deborah Lukas</b>	Secretary
<b>Tanja Phillips</b>	Swimming Chair swimmingchair@cbswimclub.ca
<b>Stephie Hammond</b>	Tennis Chair tennischair@cbswimclub.ca
<b>Chris Bradley</b>	Sailing Chair sailingchair@cbswimclub.ca
<b>Jon Lopes</b>	Facilities Chair facilitieschair@cbswimclub.ca
<b>Hailey Dawson</b>	Membership registration@cbswimclub.ca
<b>Amy Cranston</b>	Membership registration@cbswimclub.ca
<b>Kerri Buschel</b>	Volunteers & Events volunteer@cbswimclub.ca
<b>Morgan Brewster</b>	CBLG & Lifeguard Liason cblg@cbswimclub.ca
<b>Marsha Larkin</b>	Communications communications@cbswimclub.ca
<b>Paul Botelho</b>	Director at Large tech@cbswimclub.ca



The Seahorse program is subject to change. During the summer, check the notice boards, follow IG, or our website [cbswimclub.ca](http://cbswimclub.ca) for up-to-date information.

## Our CBSC Mission Statement

"Create a community where children can have fun and learn skills & sportsmanship, while doing a variety of outdoor summer activities in a safe & inclusive beach environment; making memories for generations to come."

## THE CBSC CLUBHOUSE

Mary Nordby, the Club Secretary, manages the Clubhouse. The office is open **Mondays, Tuesdays, Thursdays, & Fridays from 9-12pm** and in the afternoons, but closing time will vary. The Clubhouse is a work area and occasional meeting space and classroom. Please note: Dogs and bicycles are not allowed in the Clubhouse or pool compound.

### HAVE QUESTIONS?

**Club Phone** 604 538 2180  
**Email** [info@cbswimclub.ca](mailto:info@cbswimclub.ca)  
(allow 2-3 business days for response)

**Office Staff:** Mary Nordby, Teriann Carmichael, Alyssa Cooper, Heidi Estabrooks, Julius Tome, Sadie Larkin

### FOLLOW US!

 @swimCBSC

 CrescentBeachSwimmingClub

 swimCBSC

Visit us at [cbswimclub.ca](http://cbswimclub.ca) and sign up for the eSeahorse, our club e-newsletter!

## PRACTICE SAFETY FIRST

A reminder to practice safe biking and driving when getting to and from CBSC. **Speed limit is 30 km/h** - please no speeding! **For drivers**, we encourage you to stay on the main roads so the side streets can be free for young children biking & walking to lessons. **For bikers**, remember to share the road with cars; stay on the shoulder of the road. Our Artistic Swim Program takes place at the Mathisen Farm, located immediately after the railroad tracks, as you round the corner onto Sullivan St. Please be aware of the crosswalk. **Thank you for keeping the streets of Crescent Beach safe!**

Visit [www.cbswimclub.ca](http://www.cbswimclub.ca)  
for up-to-date details on  
our programs!

