

CBSC 2026 Swim Program Schedule

| Program | Month | Days | Times | Details |
|--|-------------|----------------|---|---------------------------|
| Lifesaving | | | | |
| Bronze Star | July | July 4,5 | Sat/Sun - 8:00am-1:00pm | CBSC Pool |
| Bronze Medallion Must be 13 or have Bronze Star | July | July 17,18,19 | Fri - 4:00-8:00pm Sat & Sun - 8:00am-4:00pm | CBSC Pool |
| Bronze Cross Must have Bronze Medallion | August | August 6,7,8,9 | Thurs & Fri - 4:00-7:30pm Sat/Sun- 8:00am-4:00pm | CBSC Pool |
| Leaders | | | | |
| Must have Bronze Cross and born in 2011 | July/August | TBA | TBA | More info |
| Volleyball | | | | |
| 11-12 year olds | July/August | T/F | 10:15-11:00am | Beachfront Courts |
| 11-12 year olds | July/August | T/F | 11:00-11:45am | Beachfront Courts |
| 11-12 year olds | July/August | M/Th | 12:15-1:00pm | Beachfront Courts |
| | | | | |
| 12-15 year olds *Advanced | July/August | M/Th or T/F | 9:00-9:45am | Beachfront Courts |
| 13-15 year olds | July/August | M/Th | 10:15-11:00am | Beachfront Courts |
| 13-15 year olds | July/August | M/Th | 11:00-11:45am | Beachfront Courts |
| 13-15 year olds *Advanced | July/August | T/F | 12:15-1:00pm | 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 | 8:30-9:10am | |
| 7-8 year olds | July/August | M/T/Th/F | 9:15-9:55am | |
| Competitive Swimming | | | | |

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| Dev Swim (7-15yrs) | July/August | M/T/Th/F | 12:45-2:00pm | |
| Comp Swim | July/August | M/T/Th/F W | 7:30-9:00am 1:45pm or 2:45pm start times Wednesdays - 12 or 1 pm start times | More info on website |

Water Polo

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|---------------------------|-------------|-------------|---------------------------|--------------------------------|
| DEVELOPMENTAL: | | | | |
| Splash | July/August | M/Th or T/F | 2:00-2:25pm | Born 2018, 2019 |
| Splash | July/August | M/Th | 2:30-2:55pm | Born 2018, 2019 |
| Girls Only Dev Water Polo | July/August | T/Th | 8:25-8:55am | Born 2016, 2017, 2018, 2019 |
| 10U | July/August | M/T/Th/F | 3:30-4:15pm | Born 2016, 2017 |
| 10U | July/August | M/T/Th/F | 4:00-4:45pm | Born 2016, 2017 |
| COMPETITIVE: | | | | |
| 12U | July/August | M/T/Th/F | 7:30-8:30am & 4:00-5:00pm | Born 2014, 2015 |
| 14U | July/August | M/T/Th/F | 8:30-9:30am & 4:45-5:45pm | Born 2012, 2013 |
| 16U | July/August | M/T/Th/F | 8:30-9:30am & 5:30-6:30pm | Born 2011 |

Artistic Swimming

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| RECREATIONAL: | | | | |
| Star Program | July/August | M/T/Th/F | Star 1 1:30-1:55pm Star 2 1:00-1:25pm Star 3 11:30-11:55am Star 4 9:00-9:25am Star 5 9:30-9:55am Star 6 10:00-10:25am Star 7 & 8 10:30-10:55am Star 9 & 10 11:00-11:25am | CBSC Pool CBSC Pool Mathisen Pool Mathisen Pool Mathisen Pool Mathisen Pool Mathisen Pool 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 |

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|----------------------------|-------------|----------|--|--|
| | | | Alternating Tuesdays 12:15pm-1:15pm | |
| 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 Water Running | July/August | W Sat | 7:30-8:00am 12:30-1:00pm | Free. Drop-In. |