

## CBSC 2026 Swim Program Schedule

Program	Month	Days	Times	Details
<b>Lifesaving</b>				
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
<b>Leaders</b>				
Must have Bronze Cross and born in 2011	July/August	TBA	TBA	<a href="#">More info</a>
<b>Volleyball</b>				
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	9:00 -9:45am	Beachfront Courts
13-15 year olds *Advanced	July/August	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
<b>Triathlon</b>				
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	
<b>Tiny Tri</b>				
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	
<b>Competitive Swimming</b>				

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	<a href="#">More info on website</a>

### Water Polo

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

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 & 8 10:00-10:25am Star 7 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

			Alternating Tuesdays 12:00pm-1:00pm	
<b>Masters</b>				
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.