

CRESCENT BEACH SWIMMING CLUB

Developmental Swim (Summer 2026)

Welcome, new and returning swimmers! Dev Swim is the second step into the CBSC Competitive Speed Swimming Program. Our goal is to help swimmers become confident, technically sound, and enthusiastic about swimming—all while having fun and building friendships.

Head Coach: Connor Fong

Assistant Head Coaches: Samantha Cyr, Taryn MacKenzie

Dev Swim Coaches: Cleo Francoeur and Callum MacKenzie

Overview:

Dev Swim introduces swimmers to competitive speed swimming in a fun, supportive environment, with a focus on building endurance, strength, and strong technique in all four strokes.

Coach Pre-Approval Required: First-time Dev swimmers must receive **coach approval prior to registration**. Please contact our Development Swim Coaches at: devswim@cbswimclub.ca and see website for information on [Swim Assessments](#)

Key Program Features:

- **Focus on freestyle and backstroke**, with continued development in breaststroke and butterfly
- **Introduction to racing skills**, including starts, turns, and using blocks
- **Training once daily (M/T/Th/F) 12:45pm–2:00pm** (15 min dryland + 1 hr swim)
- Swimmers must be able to **swim 300m comfortably**

Attention parents of our youngest Dev Swimmers: just as important as swimming skills, swimmers should be **ready for a one-hour practice**, meaning they can listen to coaches, follow instructions, stay focused, and participate with a positive attitude throughout the session.

Competitions & Meets: While this group does not attend external or regional meets, swimmers are encouraged to participate in the following in-house events:

- **CBSC “B” Meet** (Wednesday, July 15, 3:00pm start) ** meet fee is not included in program fee
- **CBSC July and August Galas**
These meets are fun, low-pressure opportunities to try racing in a familiar and supportive setting.
- **BCSSA membership is not needed.**