

## Clarington Swim Club Training Schedule 2011-2012

### All pool practices at CFC – Clarington Fitness Centre

#### **Fundamentals Swimmers** 3-6 years old, semi-private practices.

Pick 8 practices (at a time) from available schedule.

Mon/Wed - 5:45-6:15pm or 6:15-6:45pm

Thurs/Fri - 6:15-6:45pm

#### **Novice Swimmers** 6-12 years old, learn to swim like a competitive swimmer.

Unlimited practices per week from available schedule. Mon/Wed/Thurs/Fri - 6:00-6:45pm

#### **Competitive Swimmers** (ages 6-20), **Faster Masters** (ages 20+), **Fitness Swimmers** (ages 13+)

##### Pool Practices Available - CFC

	<u>Senior/Fitness/Masters</u> <u>13&amp;Over</u>	<u>Junior</u> <u>12&amp;Under</u>
Monday	4:30-6:15pm	5:00-6:15pm
Tuesday	(5:30-7:00am*)	
Wednesday	4:30-6:15pm	5:00-6:15pm
Thursday	(5:30-7:00am*) 4:30-6:15pm	5:00-6:15pm
Friday	4:30-6:15pm	5:00-6:15pm
Saturday	9:00-10:30am	9:00-10:30am

##### Dryland Available – CFC

Mon 3:30-4:20pm

Wed 3:30-4:20pm

##### Dryland Available - CMA

Tues 6:45-7:30pm

Thurs 6:45-7:30pm

Sat 11:30-12:30

(\*times in brackets are for serious competitive swimmers only and will be available tbd)

#### **Recommended Minimum Schedules for competitive swimmer success**

Competitive Swimmers 13 and over – 5-7 pool practices plus 3 dryland

Competitive Swimmers 12 and under – 3-4 pool practices plus 2 dryland

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#### **Waterpolo Players** ages 13+ - should be able to swim comfortably, novice through competitive waterpolo ability)

WP players attend one of the swim practices above as well as the two wp only practices listed here.

##### Waterpolo Practices Available - CFC

Monday 7:00-8:15pm

(Thursday 8:15-9:30pm\* tbd)

Saturday 10:30-noon

##### Dryland Available - CMA

(addition \$5 drop in fee)

Tues 6:45-7:30pm

Thurs 6:45-7:30pm

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#### **Adult (Masters) Swimmers** ages 20+

Interested in mainly fitness, stroke improvement and technique. Unlimited practices per week from available schedule.

##### Pool Practices Available - CFC

Monday 5:45-6:45pm or 7:00-8:15pm

Wednesday 5:45-6:45pm

Thursday 5:45-6:45pm or 8:15-9:30pm

Friday 5:45-6:45pm

Saturday 9:00-10:30am

##### Dryland Available – CMA

(additional \$5 drop in fee)

Tues 6:45-7:30pm

Thurs 6:45-7:30pm