

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 lessons 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&Over</u>	<u>Junior</u> <u>12&Under</u>	
Monday	4:30-6:15pm	5:00-6:15pm	
Tuesday	5:30-7:00am	5:30-7:00am	Tues 6:45-7:30pm
Wednesday	4:30-6:15pm	5:00-6:15pm	
Thursday	5:30-7:00am, 4:30-6:15pm	5:30-7:00am, 5:00-6:15pm	Thurs 6:45-7:30pm
Friday	4:30-6:15pm	5:00-6:15pm	
Saturday	9:00-10:30am	9:00-10:30am	Sat 9:15-10:00am

Dryland Available - CMA

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

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

		<u>Dryland Available - CMA</u> (\$5 drop in fee)
Monday	7:00-8:15pm	
(Thursday	8:15-9:30pm* tbd)	Tues 6:45-7:30pm
Saturday	10:30-noon	Thurs 6:45-7:30pm
		Sat 9:15-10:00am

Adult (Masters) Swimmers ages 20+

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

Pool Practices Available - CFC

		<u>Dryland Available – CMA</u> (\$5 drop in fee)
Monday	5:45-6:45pm	
Tuesday	5:30-6:45am	Tues 6:45-7:30pm
Wednesday	5:45-6:45pm	
Thursday	5:30-6:45am, 5:45-6:45pm	Thurs 6:45-7:30pm
Friday	5:45-6:45pm	
Saturday	9:00-10:30am	Sat 9:15-10:00am