

Clarington Swim Club

Training Schedules by Group 2016-17

All pool practices at the Alan Strike Aquatic Centre, 49 Liberty St Bowmanville.

Dryland training at Clarington Martial Arts, 234 King St, Bowmanville.

Sept 12, 2016 through June 18, 2017

Swim Fundamentals 4-7 years, sign up by lesson
Mon 5:45-6:15pm, 6:15-6:45pm
Wed 5:45-6:15pm, 6:15-6:45pm
Fri 5:45-6:15pm, 6:15-6:45pm

Novice (as many practices per week as you want) 6-12 years, sign up by session
Mon 6:00-6:45pm and/or 6:45-7:30pm
Wed 6:00-6:45pm
Fri 6:00-6:45pm
Sat waterpolo 5:00-6:00pm (for 9 years and older please)
Sun 5:15-6:00pm

Fitness (pick two practices from the following) 13-20 years, sign up by session

Mon 4:30-5:45pm (every Monday waterpolo 7:30-8:30pm)
Tues 5:30-7:00am
Wed 4:30-5:45pm
Thurs 5:30-7:00am
Saturday 8:00-9:30am
Sun 4:00-5:15pm

Tues group fitness at CMA 7:30-8:30pm. \$5 drop-in fee applies
Thurs group fitness at CMA 7:30-8:30pm. \$5 drop-in fee applies

Masters and Triathletes 20+ years, sign up by session or for the full season

Mon 6:30-7:30pm, 7:30-8:30pm (or waterpolo 7:30-8:30pm)
Tues 5:30-7:00am
Wed 5:45-6:45pm
Thurs 5:30-7:00am
Fri 5:45-6:45pm
Sat 9:00-10:00am, 5:00-6:00pm
Sun 5:00-6:00pm

Tues group fitness at CMA 7:30-8:30pm. \$5 drop-in fee applies
Thurs group fitness at CMA 7:30-8:30pm. \$5 drop-in fee applies

(Faster Masters/Triathletes can train with the competitive team on the senior schedule below – see Coach Karen Hillis)

Junior Competitive 12 & under years, sign up for the full season

Mon 4:30-5:45pm (waterpolo first Monday of the month)
Tues 5:30-7:00am
Wed 4:30-5:45pm
Thurs 5:30-7:00am
Fri 4:30-5:45pm
(waterpolo every Saturday afternoon 5:00-6:00pm)
Sun 4:00-5:15pm

Tues group fitness at CMA 7:30-8:30pm
Thurs group fitness at CMA 7:30-8:30pm

Senior Competitive 13-20 years, sign up for the full season

Mon 4:30-6:30pm, waterpolo 7:30-8:30pm
Tues 5:30-7:00am
Wed 4:00-6:00pm
Thurs 5:30-7:00am
Fri 4:00-6:00pm
Sat 8:00-10:00am, 4:00-5:15pm

Mon CMA Wt Training TBD
Tues group fitness at CMA 7:30-8:30pm
Wed CMA Wt Training TBD
Thurs group fitness at CMA 7:30-8:30pm

(Faster Masters/Triathletes can train on this schedule – see Coach Karen Hillis)

Waterpolo

12&unders 4:30-5:15pm 1st Monday of the month, included in competitive, novice memberships. \$10 drop-in for non-club members.
12&unders every Saturday 5:00-6:00pm, included in competitive, novice memberships. \$10 drop-in for non-club members.
13&overs every Monday 7:30-8:30pm included in competitive, fitness, masters memberships. \$10 drop-in for non-club members.

Summer Session Mon Jun 19th through Thursday July 20th

Seniors 4-6:00pm
Juniors and Fitness 4-5:15pm
Novice 5:15-6:00pm
Masters 5-6:00pm