

Clarington Swim Club

Training Schedules by Group 2015-2016

All practices at the Clarington Fitness Centre, 49 Liberty St Bowmanville.

Sept 14, 2015 through June 16, 2016

Novice (as many practices per week as you want) 6-12 years, sign up by session
Mon 5:15-6:00pm, 6:00-6:45pm
Wed 6:00-6:45pm
Fri 6:00-6:45pm
Sat 5:15-6:00pm
Sun 5:15-6:00pm

Swim Fundamentals 4-6 years, sign up by lesson

Mon 5:15-5:45pm, 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

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

Mon 4:30-5:45pm, (waterpolo 7-8pm \$5 drop in)

Tues 5:30-7:00am

Tues group fitness at CMA 7:15-8:00pm. \$5 drop-in fee applies

Wed 4:30-5:45pm

Thurs 5:30-7:00am

Thurs group fitness at CMA 7:15-8:00pm. \$5 drop-in fee applies

Saturday 8:00-9:30am

Sunday 4:00-5:15pm

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

Mon 8:00-9:00pm (waterpolo 7-8pm \$5 drop in)

Tues 5:30-7:00am

Tues group fitness at CMA 7:15-8:00pm. \$5 drop-in fee applies

Wed 5:45-6:45pm

Thurs 5:30-7:00am

Thurs group fitness at CMA 7:15-8:00pm. \$5 drop-in fee applies

Fri 5:45-6:45pm

Sat 9:00-10:00am, 5:00-6:00pm

Sun 5:00-6:00pm

(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 every second week)

Tues 5:30-7:00am

Tues group fitness at CMA 7:15-8:00pm

Wed 4:30-5:45pm

Thurs 5:30-7:00am

Thurs group fitness at CMA 7:15-8:00pm

Fri 4:30-5:45pm

Sat 8:00-9:30am, 4:00-5:15pm

Sun 4:00-5:15pm

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

Mon 5:45-7:00pm, waterpolo 7:00-8:00pm

Mon CMA Wt Training TBD

Tues 5:30-7:00am

Tues group fitness at CMA 7:15-8:00pm

Wed 4:30-6:15pm

Wed CMA Wt Training TBD

Thurs 5:30-7:00am

Thurs group fitness at CMA 7:15-8:00pm

Fri 4:30-6:15pm

Sat 8:00-10:00am, 4:00-6:00pm

Sun 4:00-6:00pm

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

Waterpolo 12 and under

Monday 4:30-5:45pm, every second week. \$10 drop-in for non-club members, \$5 drop-in for ROC Novices (included for ROC juniors)

Waterpolo 13 and over

Monday 7:00-8:00pm \$10 drop-in for non-club members, \$5 drop-in for ROC Fitness and Masters (included for ROC seniors)