

Clarington Swim Club

Training Schedules by Group 2015-2016

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

Dryland training at Clarington Martial Arts, 234 King 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 6:00-6:45pm, 6:45-7:30pm
Wed 6:00-6:45pm
Fri 6:00-6:45pm
Sat 5:15-6:00pm

Swim Fundamentals 3-7 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

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

Mon 4:30-5:45pm (waterpolo first and third Mondays) (every Monday waterpolo 7:30-8:30pm \$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

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

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

(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 and third Mondays)

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

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

Mon 4:30-6:30pm, waterpolo 7:30-8:30pm

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

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

Waterpolo all ages

Monday 4:30-5:45pm, first and third Mondays of the month \$10 drop-in for non-club members, \$5 drop-in for ROC Novices and Fitness, Masters (included for ROC juniors and seniors)

Waterpolo 13 and over

Monday 7:30-8:30pm \$10 drop-in for non-club members, \$5 drop-in for ROC Fitness and Masters (included for ROC seniors)