

Clarington Swim Club

Summer Training Schedules by Group 2016

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

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

June 20th – July 21st , 2016

Swim Fundamentals

Not available

Novice (as many practices per week as you want) 6-12 years

Mon through Thursday 5:45-6:30pm

Nova (Novice Advanced) with coaches' recommendation.

Mon through Thursday 5:45-6:30pm

Tues/Thurs sport fitness at CMA 7:30-8:30pm included

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

Monday through Thursday 4:30-5:45

Tues/Thurs sport 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

Monday through Thursday 5:30-6:30pm

Tues/Thurs sport 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

Monday through Thursday 4:30-5:45

Tues/Thurs sport fitness at CMA 7:30-8:30pm included

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

Monday through Thursday 4:30-6:30pm

Tues/Thurs sport fitness at CMA 7:30-8:30pm included

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

Waterpolo

Not available