

ROC

Clarington Swim Club
PO Box 95, 41 Temperance St, Bowmanville, Ontario L1C 3A0
905 442 4636 info@claringtonswimclub.ca
www.claringtonswimclub.ca
Not for Ontario Profit Incorporation # 741685

Training Schedules by Group 2017/2018

All pool practices at the Alan Strike Aquatic Centre - 49 Liberty Street, Bowmanville

All Dryland practices at Clarington Martial Arts – 234 King Street, Bowmanville

Sept 11, 2017 – June 17, 2018

Swim Fundamentals 4-7 years, sign up by lesson

Monday 5:45-6:15pm, 6:15-6:45pm

Wednesday 5:45-6:15pm, 6:15-6:45pm

Friday 5:45-6:15pm, 6:15-6:45pm

Novice 6-12 years, sign up by session

Monday 6:00-6:45pm or 6:45pm-7:30pm

Wednesday 6:00-6:45pm

Friday 6:00-6:45pm

Saturday Waterpolo 9:00-10:00am

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

Monday 4:00-5:45pm (Every Monday Waterpolo 7:00-8:30pm)

Tuesday Group Fitness at CMA 7:45-8:30pm. \$5 drop-in fee applies

Wednesday 4:00-5:45pm

Thursday Group Fitness at CMA 7:45-8:30pm. \$5 drop-in fee applies

Friday 4:00-5:45pm

Saturday 4:00-6:00pm

Sunday 4:00-6:00pm

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

Monday 6:00-7:00pm

Tuesday Group Fitness at CMA 7:45-8:30pm. \$5 drop-in fee applies

Wednesday 5:45-6:45pm

Thursday Group Fitness at CMA 7:45-8:30pm. \$5 drop-in fee applies

Friday 5:45-6:45pm

Saturday 5:00-6:00pm

Junior Competitive 12 & Under years, sign up for full season

Monday 4:30-5:45pm

Tuesday Group Fitness at CMA 7:45-8:30pm.

Wednesday 4:30-5:45pm

Thursday Group Fitness at CMA 7:45-8:30pm.

Friday 4:30-5:45pm

Saturday 8:00-10:00am

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

Monday 4:00-6:00pm

Monday CMA Weight Training 2:45-3:45pm

Tuesday Group Fitness at CMA 7:45-8:30pm.

Wednesday 4:00-6:00pm

Wednesday CMA Weight Training 2:45-3:45pm

Thursday Group Fitness at CMA 7:45-8:30pm.

Friday 4:00-6:00pm

Saturday 8:00-10:00am AND 4:00-6:00pm.

Saturday CMA Weight Training 10:30-11:30am

Sunday 4:00-6:00pm

Waterpolo

12 & Under Saturday 9:00-10:00am – Included in Competitive & Novice memberships. \$10 drop-in for non-club members.

13 & Over Monday 7:30-8:30pm – Included in Competitive & Novice memberships. \$10 drop-in for non-club members.

Clarington Swim Club Private Coaching – Sunday 3:00-4:00pm

Summer Session TBD