

CBS BLUEFINS SWIM CLUB

Practice Schedule

2024-2025

September 14-January 12



PERFORMANCE

Monday	5:30-7:00am 5:45-8:00pm
Wednesday	5:30-7:00am 5:45-8:00pm
Thursday	5:45-8:00pm
Saturday	5:45-7:30am 7:30-8:30am <i>Dry-Land</i>
Sunday	8:15-10:30am 10:30-11:30am <i>Dry-Land</i>

Description: Performance group is designed for swimmers at the East Coast level and above

Age/LTAD: 15+ or head coach approval/Train to Compete

Attendance: 90% + is required

Required Equipment: Paddles (2) Performance Suit(s)
Fins Resistance Band(s)
Snorkel Jump Rope
Pull Buoy Yoga Mat Club T-Shirt

PROVINCIAL 2

Monday	5:30-7:00am 6:00-8:00pm
Wednesday	5:30-7:00am 6:00-7:00pm <i>Dry-Land</i> 7:00-8:00pm
Saturday	6:00-7:30am
Sunday	8:30-10:30am

Description: Provincial 2 group is designed for swimmers at the Provincial Champ level

Age/LTAD: 13+ or head coach approval/Train to Train

Attendance: 85% + is required

Required Equipment: Paddles Snorkel Yoga Mat
Fins Pull Buoy Club T-Shirt

PROVINCIAL 1

Monday	5:30-7:00am
Wednesday	5:30-7:00am 6:00-8:00pm
Thursday	6:00-7:00pm <i>Dry-Land</i> 7:00-8:00pm
Saturday	6:00-7:30am
Sunday	8:30-10:30am

Description: Provincial 1 group is designed for swimmers at or near the Provincial Champ level

Age/LTAD: 11-14 or head coach approval/Train to Train

Attendance: 85% + is required

Required Equipment: Paddles Snorkel Yoga Mat
Fins Pull Buoy Club T-Shirt

AGE GROUP 3 (GOLD)

Monday	6:00-8:00pm
Wednesday	5:30-7:00am
Thursday	7:00-8:00pm
Saturday	7:30-8:30am
Sunday	10:00-11:30am

Description: Age Group 3 (GOLD) group is designed for swimmers striving for Prov Champ standards

Age/LTAD: 11-14+ or head coach approval/Learn to Train

Attendance: 80% + is required

Required Equipment: Paddles Pull Buoy
Fins Club T-Shirt

****Practice Schedules, Group Descriptions & Rosters are reviewed and modified on a regular basis by the Head Coach in conjunction with Assistant Coaches and club executive and are subject to change.**

AGE GROUP 2 (SILVER)

Monday	5:30-7:00am
Wednesday	7:00-8:00pm
Thursday	6:00-7:00pm
Saturday	7:30-8:30am
Sunday	10:30-11:30am

Description: Age Group 2 (SILVER) group is designed for swimmers newly in the competitive program

Age/LTAD: 13&Under or head coach approval/Learn to Train

Attendance: 75% + is required

Required Equipment: Pull Buoy Club T-Shirt
Fins

AGE GROUP 1 (BRONZE)

Wednesday	6:00-7:00pm
Thursday	6:00-7:00pm
Saturday	7:30-8:30am
Sunday	10:30-11:30am

Description: Age Group 1 (BRONZE) group is designed for swimmers newly in the competitive program

Age/LTAD: 12&Under or head coach approval/Learn to Train

Attendance: 75% + is required

Required Equipment: Pull Buoy Club T-Shirt
Fins

PRE-COMPETITIVE (Group 1)

Monday	6:00-7:00pm
Wednesday	6:00-7:00pm
Saturday	7:30-8:30am

Description: Our Pre-Competitive groups are designed for swimmers newly joining the main program

Age/LTAD: 12&Under or head coach approval/Fundamental

Attendance: 75% + is required

Required Equipment: NA

PRE-COMPETITIVE (Group 2)

Monday	7:00-8:00pm
Thursday	7:00-8:00pm
Sunday	10:30-11:30am

Description: Our Pre-Competitive groups are designed for swimmers newly joining the main program

Age/LTAD: 12&Under or head coach approval/Fundamental

Attendance: 75% + is required

Required Equipment: NA

TINY TUNA

Thursday	6:00-7:00pm
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Description: Our Tiny Tuna program is designed for potential swimmers who wish to join the club

Age/LTAD: 10&Under or head coach approval/Fundamental

Attendance: NA

Required Equipment: NA