

# SWIM TEAM

## Swordfish Maintenance Program

This program is designed to keep the competitive swimmer in the water between seasons. This is a conditioning program while the swimmers are waiting for their summer season to begin. This program is offered for swimmers currently on the CCBS team. Any new swimmer interested in participating must get coach approval. Swimmers 9 years and under are not required to attend dryland training. All other swimmers must.

*Dryland training times will be announced before the start of the program.*

Who: Youth, ages 8 - 18  
When: April 26 - June 4  
Mon 4:00-5:00 pm  
Tue/Thu 5:00-6:30 pm  
Fri 4:30-6:00 pm

*Registration required by April 22.*

Member Fee: \$275 340148-A  
\$150 (9 years & under) 340148-B  
Min: 15 swimmers  
Coaches: KC Shepherd & Kara Bordeau

## CCBA Summer Swordfish Swim Team

The summer swim team is for swimmers ages 8 - 18 with prior competitive swimming experience or those thinking about being a competitive swimmer. Young swimmers will work on perfecting stroke technique and speed. Swimmers are strongly encouraged to attend all practices and meets. The team competes against other local swim teams. Practices are held at the Witherell Recreation Center (WRC) and the Lebanon outdoor pool (LOP).

### Prerequisite:

- \* Must be able to swim 25 yards continuously on front or back.
- \* Rotary breathing must be used with the front crawl
- \* Familiar with dolphin and breaststroke kicks
- \* Be able to dive from the side of the pool
- \* Tread water for 2 minutes in the deep end

Who: Youth, ages 8 - 18  
When: June 7 - Mid-August  
Fee: TBA 410127-A  
Min: 30

***\*All swimmers must be CCBA members.\****

## Swim Team Parent Info

The CCB Swordfish swim team is run by a volunteer parent group. All families, as well as swimmers, are required to be involved in the fun of home and away swim meets. Volunteer jobs at meets include timing, working on the computer, overseeing swimmers on deck, running the concession stand and more. For more information contact Marie Dumont, Program Director.

BIRTHDAY PARTIES

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## 2010 Connecticut Valley Invitational Saturday, March 13

Pool closed all day.

**Come support the Swordfish swimmers!**

## 2010 High School Swim Meets

Friday, January 8  
Friday, January 15

Pool closed 6:00 pm - Closing

**Come support the Lebanon Raiders!**

## CCBA Masters Swim Team

The CCBA Masters Swim Team is open to swimmers ages 18 and older who want to improve their fitness and stroke technique in an atmosphere of fun and camaraderie. The practices focus on easy drills that lead to mastery of technique, which in turn lead to greater fluency, ease and speed in the water. Competition is not required. CCBA Masters is designed to help you reach your aquatic goals, whether that means improved fitness and greater enjoyment of your pool time, entering a triathlon or competing in Masters swim meets.

**Please Note:** *This is not a learn to swim program.* Members should be able to engage in 30 - 60 minutes of moderate aerobic activity and swim at least a few laps of the pool.

Who: Adults, 18 years and older  
When: Tue/Thu 6:30-7:30 am **and**  
Tue/Thu 6:30-7:30 pm  
Fee: 16 punch card Member \$70 Non-member \$100  
3 month pass Member \$80 Non-member \$105  
Coaches: Laurie Albert & Glenn McElroy

## Splashin' Tots

Come one, come all and play with your preschooler in the water. All "bubbles" and toys used during swim lessons are available for you and your preschooler to enjoy. Adult supervision in the water is required.

*Program will end April 29, 2010.*

Who: All ages welcome  
When: Thursdays 10:30 - 11:30 am  
Fee: Member **FREE**  
Non-member \$3/child or \$6/family