

Typical CBST-SAL Swim Practice Schedule

Note that this is the TYPICAL, HISTORICAL practice schedule. Each year we assess the composition of the team AFTER evaluations and if any change to the schedule (to ensure balanced practices that accommodate all swimmers well) is needed it will be made at that time. This information is provided as an idea of the schedule to expect. Age on October 31st of the current season determines age for practice groups. There will be a separate practice schedule for the winter school break. There will be conflict dates (dates when practices cannot be held due to building or other conflicts).

Practices begin the first full week of October (possibly second week depending on each year's calendar)

<i>October through mid-November</i>	<i>Mid-November through January</i>
CBST – SAL Team	CBST – SAL Team
Monday/Wednesday/Friday At CB EAST 10 & Under – 6:30 – 7:30 p.m. 11& Up – 7:30 – 9 p.m.	Monday/Wednesday/Friday At CB EAST 10 & Under – 6:30 – 7:30 p.m. 11& Up – 7:30 – 9 p.m.
Tuesday/Thursday At CB South 10 & Under – 5:30 – 6:30 p.m. 11& Up – 6:30 – 8 p.m.	Tuesday/Thursday At CB South 10 & Under – 6:30 – 7:30 p.m. 11& Up – 7:30 – 9 p.m.
CBST – SAL Developmental Team	CBST – SAL Developmental Team
Tuesday/Thursday At CB South 10 & Under – 5:30 – 6:30 p.m. 11& Up – 6:30 – 7:30 p.m.	Tuesday/Thursday At CB South 10 & Under – 6:30 – 7:30 p.m. 11& Up – 7:30 – 8:30 p.m.
Friday At CB East 10 & Under – 6:30 – 7:30 p.m. 11& Up – 7:30 – 8:30 p.m.	Friday At CB East 10 & Under – 6:30 – 7:30 p.m. 11& Up – 7:30 – 8:30 p.m.