

Be sure to continue your child's swimming throughout the year!

For information about school year swimming programs offered through the Central Bucks School District please follow this link: www.cbsd.org/aquatics.

There is a **pre-team clinic** available in September. This is a great way to help transition into winter team swimming. While participation in the pre-team clinic is not required to join the teams, it is strongly recommended as swimmers tend to lose skills (particularly endurance but also form) during the off-season. This particularly applies to emerging swimmers on summer club teams. We have found that those swimmers who participate in our clinic are more likely to get the team placement they want than those who just come to team evaluations, having been out of the water for one to two months or more.

Available **teams** are:

- **Developmental** – for swimmers interested in joining a swim team but not yet at the ability level necessary for full team participation
- **Central Bucks Swim Team – SAL (CBST-SAL)** – team that competes in a local dual meet league for swim and dive teams; team option for new and experienced competitive swimmers
- **Central Bucks Swim Team - USAS (CBST-USAS)** – USA Swimming team for swimmers who have been on a winter team in the past and are looking for more challenging practices and competitions (if you have not already made contact about this team for this coming fall, this would be for the future)

There are also fall and spring **lessons (group and private)** available as well as springtime **swim and springboard diving clinics**.

Swimmers new to our programs should start by reading the page titled “**Which Aquatics Program Is Appropriate for My Child**,” including the **question and answer document** on that page.