

# CENTRAL BUCKS AQUATICS

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

For information about school year swimming and diving programs offered through the Central Bucks School District please follow this link: [www.cbsd.org/aquatics](http://www.cbsd.org/aquatics).

There is a **pre-team swim 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 team, it is strongly recommended as swimmers tend to lose skills (particularly endurance but also form) during the off-season. This especially applies to emerging swimmers on summer club teams. We have found that those swimmers who participate in our clinic are more likely to be placed on the team than those who just come to team evaluations, having been out of the water for one to two months or more.

Our **teams** are:

- **Central Bucks Swim Team – SAL (CBST-SAL)/ Central Bucks Diving** – team that competes in a local dual meet league for swim and dive teams; team option for new and experienced competitive divers and swimmers (provides **developmental** practices for our least experienced team-ready swimmers; brand new divers not ready for competition when meets begin practice with the team until qualified to compete)
- **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 fall, please do so right away as the deadline to schedule an evaluation is July 5<sup>th</sup> – if you are interested, contact Jennifer Steinberg at [jsteinberg@cbsd.org](mailto:jsteinberg@cbsd.org) right away)

We also offer fall and spring **swim lessons (group and private)** as well as spring **swim and springboard diving clinics**. These clinics are a great way to prepare for your next summer season.

Swimmers new to our programs should start gathering information by visiting the websites:

- [www.cbsd.org/aquatics](http://www.cbsd.org/aquatics) (start with the page titled “Which Aquatics Program Is Appropriate for My Child”, including the question and answer document on that page)
- [www.cbswimanddive.com](http://www.cbswimanddive.com) (for team information)

Please contact Heather Yim with questions about lessons ([heayim@cbsd.org](mailto:heayim@cbsd.org)) or Jennifer Steinberg with questions about clinics or teams ([jsteinberg@cbsd.org](mailto:jsteinberg@cbsd.org)).

Enjoy the rest of the summer and we look forward to seeing you in the fall!