Camana Bay Aquatic Club
Registration Package
2026 - 2027 Season

Welcome to the Cayman Islands' Premier Aquatics Program: Camana Bay Aquatic Club!

Led by elite coaches and powered by a passionate community, CBAC is more than a swim club: we're a movement. Our mission is to develop champions in the pool and in life as we pursue our bold vision: to become the most successful aquatic program in the Caribbean.

Success looks different at every stage of the CBAC pathway, but every athlete is united by a clear plan for progression and the support of one CBAC family. Whether your swimmer is diving in for the first time with Hatchlings or returning as a driven Leatherback pursuing international podiums, we provide expert programming tailored to every age, ability, and ambition.

Each program page below outlines age guidelines, training expectations, and session schedules effective **Monday, August 31, 2026**. Please note that schedules may occasionally shift due to holidays, competitions, or operational needs, with advance notice provided whenever possible.

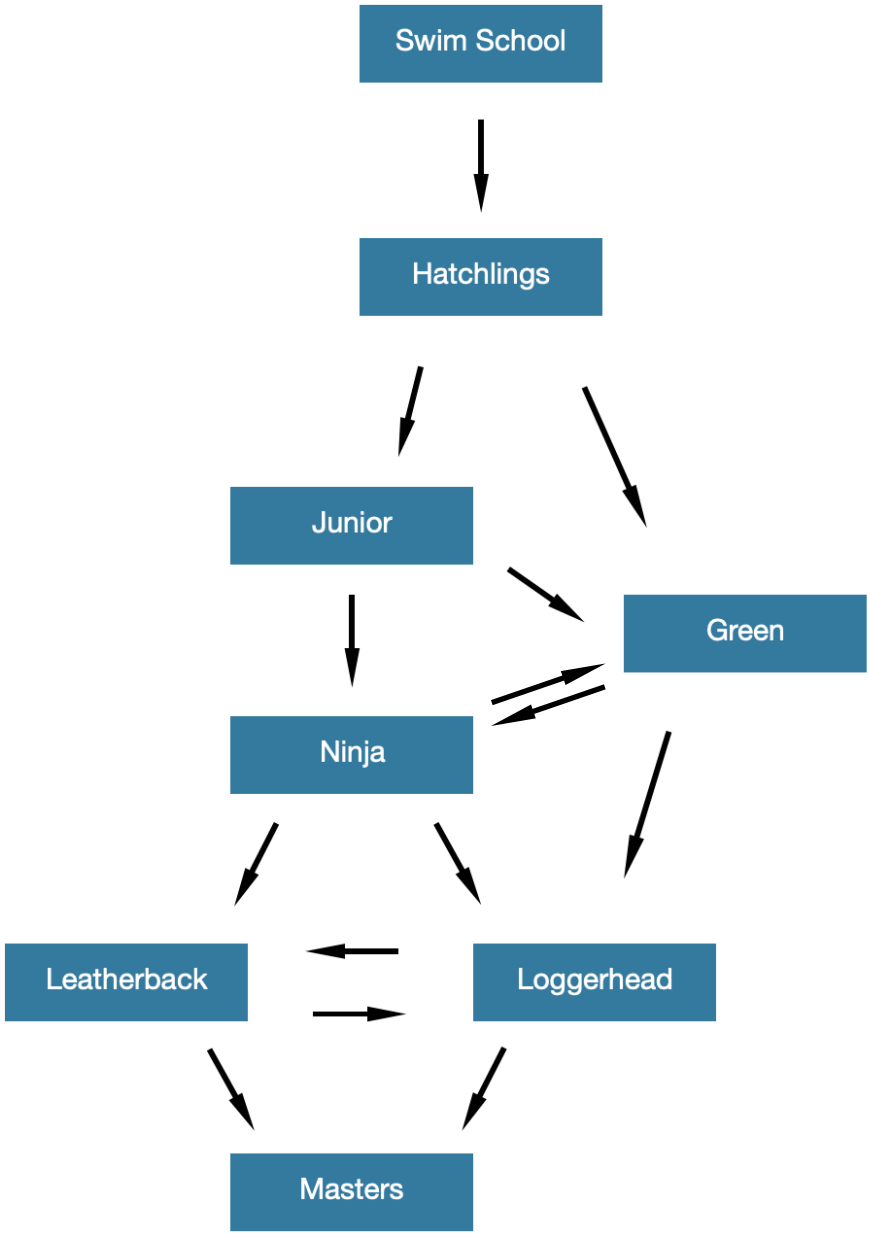
Our season rosters fill quickly, so we encourage families to secure their place early.

Not sure which group is the right fit for your swimmer? We're here to help. Contact us anytime at **info@cbac.ky**

At Camana Bay Aquatic Club, we are committed to providing a structured and inclusive pathway for all swimmers to develop their skills and achieve their goals. Our training progression is designed to balance both competitive aspirations and long-term enjoyment of the sport. Several key principles guide our approach to progression:

- **Progression is athlete driven.** If an athlete steps on our pool deck with a goal in mind, we can help them achieve it. It's a powerful thing when a swimmer takes the central role in their aquatic aspirations, and our experienced staff is highly motivated to show them the pathway to success.
- **Consistent attendance is required for consistent development.** These requirements are in place to group athletes with similar commitment levels and, more importantly, to prevent swimmers from falling behind their teammates. Consistent training is essential for both skill development and maintaining a love for the sport.
- **Age is a guideline, not a limitation.** While "focus age groups" are provided as general references, an athlete's commitment level, training ability, work ethic, performance and developmental level will determine their placement more than chronological age alone. Athletes will not automatically be moved out or into a training group simply because they "age up".
- **Coaching is a team effort.** While each group has designated primary coaches, our entire coaching staff works collaboratively to support all swimmers, ensuring a comprehensive and well-rounded training environment.
- **Training groups progress as a unit, throughout the season.** The goal is for each roster to improve technique, performance, and training capacity along a similar timeline throughout the year. In special cases, a particular athlete may outpace the rest of their group: this will be addressed on a case-to-case basis.
- **The program is designed to offer families a one stop shop for athletic development.** We believe that parents should be able to register their 3-year-old child in Level 1 of swim school, and be confident that in 15 years' time, CBAC will have given them every tool needed to produce a successful swimming career in university and beyond.

CBAC's Training Group Pathway



Hatchlings

Age Range	7 - 9
Training Frequency	3 Practices per week
Training Duration	60 Minutes
Meets	One per month
Equipment	CBAC cap, goggles, fins, kickboard, and water bottle
Group Description	Designed to introduce young athletes to the world of competitive swimming. This group builds essential swim skills, emphasizing technique, and race fundamentals like starts, turns, and finishes. The focus of this group is to foster a love for swimming and cultivate a positive team environment, all while equipping athletes with the necessary skills for their competitive careers. In order to optimize coach to swimmer ratios and lane space, the Hatchlings program is split into two training groups. Both receive the same training protocol: simply choose according to which schedule best fits your family!

Hatchlings A

Monday	Wednesday	Friday
5:00-6:00 PM	5:00-6:00 PM	5:00 - 6:00 PM

Hatchlings B

Tuesday	Thursday	Saturday
5:30-6:30 PM	5:30-6:30 PM	8:30-9:30 AM

Junior Turtles

Age Range	10 & Under
Training Frequency	4 Practices per week
Training Duration	60 - 90 Minutes
Meets	One per month
Equipment	CBAC cap, goggles, fins, kickboard, and water bottle
Group Description	Junior is a continued introduction to competitive training for athletes developing their racing skills and technical habits. Swimmers continue refining stroke technique while learning pacing, starts, turns, and the fundamentals of competition. The group balances skill development with enjoyment, helping athletes build confidence and consistency in the water. While enjoy

Monday	Wednesday	Friday	Saturday
3:45-5:30 PM	5:45-7:30 PM	3:45-5:00 PM	6:45-8:00 AM

Practice times include activation before getting in the water. Please be on time!

Green Turtles

Age Range	11 - 13
Training Frequency	4 Practices offered per week
Training Duration	60 Minutes
Meets	One per month
Equipment	CBAC cap, goggles, fins, kickboard, and water bottle
Group Description	Green Turtles is designed for swimmers who want to continue developing their skills, fitness, and confidence in the water while maintaining flexibility in their schedule. Athletes receive quality coaching in a fun, supportive environment that emphasizes personal improvement and a lifelong love of swimming. Local competitions are available and encouraged, but participation is always athlete-driven.

Monday	Wednesday	Thursday	Saturday
5:45-7:00 PM	4:45-6:00 PM	6:15-7:30 PM	6:45-8:00 AM

Practice times include activation before getting in the water. Please be on time!

Ninja Turtles

Age Range	10 - 13
Training Frequency	6 Practices per week
Training Duration	60 - 120 minutes
Meets	1 - 2 per month
Equipment	CBAC cap, goggles, fins (short), kickboard, water bottle, pull buoy, band, paddles and snorkel
Group Description	Swimmers in the Ninja Turtles focus on increasing training capacity, refining technique, and preparing for higher levels of competition. This is where the top 12 & Under athletes in the country are developed, and with value placed on both local and international competitions, they have produced multiple medals at CARIFTA and other international events. This group also introduces functional dryland activities to strengthen and aid in the development of the individual swimmer. Regular attendance of a minimum of 5 practices a week is a requirement to maintain the level of training.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			5:45-7:00 AM		6:45-9:00 AM
5:15-7:00 PM	5:00-7:00 PM	5:30-7:30 PM		5:45-7:00 PM	

Practice times include activation before getting in the water. Please be on time!

Loggerhead Turtles

Age Range	13 & Over
Training Frequency	Up to 7 Practices per week
Training Duration	60 - 90 minutes
Meets	1 - 2 per month
Equipment	CBAC cap, goggles, fins (short), kickboard, water bottle, pull buoy, band, paddles
Group Description	Loggerhead is a senior training squad for teenage athletes looking to advance their performance at local and regional competitions. Training emphasizes race-specific skills, aerobic development, strength, and accountability while continuing to refine technical efficiency. Loggerhead provides a flexible but performance-minded training environment for senior athletes. Attendance requirements are intentionally adaptable, with multiple session options available each week, and select combined practices with Leatherback help foster a connected and aspirational senior training culture.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:15-7:00 AM		5:15-7:00 AM		7:30-10:00 AM
5:45-7:30 PM	6:15-7:30 PM		5:15-7:00 PM	5:45-7:00 PM	

Practice times include activation before getting in the water. Please be on time!

Leatherback Turtles

Age Range	13 & Over
Training Frequency	7 - 8 Practices per week
Training Duration	90 - 120 minutes
Meets	1 - 2 per month
Equipment	CBAC cap, goggles, fins (short), kickboard, water bottle, pull buoy, band, paddles, snorkel, skipping rope, yoga mat, heart rate monitor.
Group Description	Leatherback is CBAC's premier training group for dedicated athletes pursuing excellence at the highest levels of the sport. Created in 2023, the group has already produced a combined 19 National/CIASA Records through a culture built on work ethic, accountability, and commitment. Athletes are expected to demonstrate exceptional attendance, dedication, and a performance-driven mindset both in and out of the pool.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:15-7:00 AM		5:15-7:00 AM		7:30-10:00 AM
3:30-6:00 PM	3:30-5:30 PM	3:30-6:00 PM	3:30-5:30 PM	3:30-6:00 PM	

Practice times include activation before every session. Please be on time!

Overseas Turtles

Group Description	The Overseas Turtles program is designed for athletes who reside outside of the Cayman Islands for a significant portion of the year, but still want the opportunity to train with/compete for CBAC when they are back on island. These athletes will receive access to training, CIASA related opportunities, and support at an international level when needed. This program is perfect for swimmers who study abroad, whether that be boarding school or a post-secondary institution.

Membership

Steps to CBAC membership include:

1. Registration

Create an account on the team registration website, including contact and swimmer information:
https://team.commitswimming.com/register/yvPWzzDaDr2FfGLP5

Families who already have an account on Commit can log in and select the correct training groups for their swimmer(s) for the upcoming season. If you have any issues with your commit account or need help signing in, please contact Commit Team tech support - **teams@commitswimming.com**

Agree to all CBAC waivers and policies.

2. Annual Financial Commitment

All swim fees are paid upfront for the year. Please see the chart provided below.

3. Volunteer Agreement

As a not-for-profit organization we rely heavily on the goodwill of volunteers to function optimally. Please note that there are expectations surrounding volunteer commitments and these commitments are inline with other club's volunteer requirements. For more information, please read through the Parent Volunteer Guide.

4. Fundraising Commitment

Fundraising throughout the year helps the club to improve facilities and opportunities for swimmers. These include but are not limited to; Swimathon, raffles, etc. More details will be provided on fundraising activities for the year and we look forward to families help in participating.

Registration & Program Fees

Training Group	Annual Registration Fee**	Training Fee	Total Amount Due
Hatchlings	325	715	1040
Junior Turtles	325	880	1205
Green Turtles	325	790	1115
Ninja Turtles	325	1320	1645
Loggerhead Turtles	325	1315	1640
Leatherback Turtles	325	1760	2085
Overseas Turtles	95	0	95

All fees are listed in KYD.

****Early Bird Special:** To qualify for the early bird special, you must complete registration prior to **July 15, 2026**, and pay full Annual Registration and Program Fees prior to **July 31st, 2026**. Qualifying Early Birds receive a discount of **KYD $100 off the Annual Registration Fee.**

Families will be invoiced upon successful registration and approval to their athlete's selected training group.

Invoicing & Payments

Invoices will be itemized as follows:

1. **CBAC 2026-2027 Annual Registration Fee** - this is charged to all members of annual Artistic and Swim Team programs and is non-prorated for mid-year registrations. This fee helps CBAC to cover fixed costs of operation such as insurance, administration, team cap and T-shirt etc. Members who are in multiple programs will only be charged the Registration Fee once per season.

2. **CBAC 2026-2027 Training Fees** - this is charged to all members of Artistic and Swim Team programs, and covers the coaching and resource costs specific to the athlete's training group. If you register or transition groups after September 30th, 2026 program fees will be pro-rated. Swimmers who are in multiple programs will be charged the relevant fee for each program.

CBAC follows a **'No Cash/No Splash'** policy. To participate in CBAC programs athletes must be registered on Commit. Full payment of account balances, including Registration Fees and Training Fees is due no later than **Sept 15, 2026** to participate in the swim program.

Additionally, all outstanding account balances must be cleared to attend on-island and off-island swim meets.

Meet expenses (or other items to be billed) will be invoiced by the accounts team and sent out monthly.

If families cannot afford or need payment plans, please reach out to us at accounts@cbac.ky

Please annotate all payments with the following, and send confirmation of transaction to accounts@cbac.ky

- 2026-2027 {PROGRAM} {FIRST INITIAL} {SURNAME}
  i.e. 2026-2027 Leatherback J Bloggs
- Aquatic Sports Cayman LTD
- Butterfield Bank (Cayman) Ltd. Chequing Account #1361787600030

Please note that registration alone **does not guarantee a placement in the group for which you registered**, as the coaches will need to review/approve group rosters. If you have any questions in regard to this, please email info@cbac.ky

Refunds

Full Training Fee refunds, including Registration Fees, shall be given if cancellation is received in writing prior to September 15th, 2026. Where cancellation is received in writing in advance of November 30, 2026, fifty percent of Training Fees but no Registration Fees, will be refunded. No refunds, in full or partial of any fees, will be provided after November 30th, 2026.

Donations

Donations of any amount are greatly appreciated and will be used to help families needing financial assistance.