# WELCOME TO CBAC SWIM SCHOOL

## Term 1: August 31st - December 12th 2026

Structured off of international swim lesson standards, and adapted for the needs of the Caymanian community, our purpose-built swim school program addresses core aquatic skills that set your child up for a life in and around the water.

Our 5 level system builds on progressive skill learning, and by the time they graduate all swimmers have extensive water safety skills and are ready to move into other disciplines such as swim team, artistic swimming or many other aquatic enjoyments.

Swim School features:

- Small class sizes for better learning and attention.
- Rolling assessments to give your child every opportunity to solidify their learning and progress at their own pace.
- Certificates and reports to keep track of their progress.
- Core aquatic skills, water safety, personal survival, multi-disciplinary skill development in addition to the traditional swimming strokes.

All new swimmers are required to take a free assessment with one of our coaches who will then evaluate and assign them to the appropriate level for their ability and age.

For more information, or to arrange an assessment - email **swimschool@cbac.ky**

Camana Bay Sports Complex, Minerva Drive, Camana Bay, Grand Cayman, Cayman Islands KY1-9006
info@cbac.ky www.cbac.ky

# REGISTRATION

If you're an existing student and know your level or have been informed of your new level after assessment, it's time to register for classes!

Visit "**https://www.commitswimming.com/**" to register online.

If you don't have an account yet, create a new one using the parent or caregiver's details and add your swimmer to the family.

You'll then find available classes/groups for Term 1 Swim School 2026/ 2027. Classes are grouped by level, any class that has FULL included in its title is currently full. Please email swimschool@cbac.ky to be added to the waitlist.

If you would like to sign up for more than one class a week, please email swimschool@cbac.ky

Links to respective class **Whatsapp groups** will be provided once registered.

Safety is our top priority, and we maintain strict policies regarding lightning and weather conditions. **We don't offer make-up classes for lessons missed**. In case of cancellations, coaches will keep everyone informed through WhatsApp groups.
Thank you for your understanding and cooperation in creating a safe and enjoyable environment for everyone.

# FEES

Registration fee

- $60 per annum.

Term 1, 2026

- Based on $25 per lesson the duration of the term.

You will be invoiced once your registration has been confirmed. All account questions should be directed to **accounts@cbac.ky**

Payments must be made through online banking Electronic Funds Transfer:

**AQUATIC SPORTS CAYMAN LTD.**
**BUTTERFIELD BANK**
**AC# 1361787600030**

Please reference your invoice number in your transfer.

# LEVEL 1 GRUNTS

Swimmers learn basic safety awareness and are introduced to the 'class' scenario without in-water support from their parents/caregiver. They will learn basic movement, breathing, and water confidence skills. Swimmers may use flotation equipment, e.g. arm bands, floats, etc.

Up to 2 x 30 min lessons per week
1:4 ratio

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | |
|---|---|---|---|---|---|---|---|
| AM | | | | | | 9.30-10.00/ 10.00-10.30 | AM |
| PM | | 04:00-04:30 | | 04:00-04:30 | | | PM |

| DAY | DATES |
|---|---|
| Tuesday ($325) | Sept 1, 8, 15, 22, 29, Oct 6, 13, 27, Nov 3, 10, 17, 24, Dec 1, 8 |
| Thursday ($350) | Sept 3, 10, 17, 24, Oct 1, 8, 15, 29, Nov 5, 12, 19, 26, Dec 3, 10 |
| Saturday ($300) | Sept 5, 12, 19, 26, Oct 10, 17, 31, Nov 7, 14, 21, Dec 5, 12 |

No classes on:
Oct 3rd, Oct 20th, Oct 22nd, Oct 24th, Nov 28th

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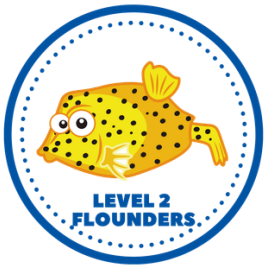
# LEVEL 2 FLOUNDERS

Swimmers develop important water safety and awareness skills, including learning how to safely jump into the water, controlled breathing, orientation in the water, and floating. They will become confident moving without flotation equipment, but will continue to use equipment to support skill learning.




Up to 2 x 30 min lessons per week
1:6 ratio

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | |
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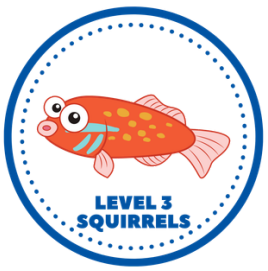
# LEVEL 3 SQUIRRELS

Swimmers will continue their water safety journey learning skills such as safe entries into the water, submersion, travelling up to 10m on the front and back, progressing rotation skills and water safety knowledge.

Up to 2 x 30 min lessons per week
1:6 ratio




| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | |
|---|---|---|---|---|---|---|---|
| AM | | | | | | 10:30-11:00/ 11:00-11:30 | AM |
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| Friday ($325) | Sept 4, 11, 18, 25, Oct 2, 9, 16, 30, Nov 6, 13, 20, Dec 4, 11 |
| Saturday ($300) | Sept 5, 12, 19, 26, Oct 10, 17, 31, Nov 7, 14, 21, Dec 5, 12 |

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# LEVEL 4 JACKS

Swimmers will develop an understanding of buoyancy, sculling, and treading water through a range of skills, in addition to refining kicking and stroke technique to CBAC Stroke Standards.

Up to 2 x 30 min lessons per week
1:8 ratio

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# LEVEL 5 SNAPPERS

Swimmers will develop quality stroke techniques consistently over 25m for all strokes, and combine them with effective swimming skills such as coordinated breathing, sculling and water safety. Challenges (such as 100m of multiple strokes, rescues, and movement sequence) will reinforce learning from all previous levels and prepare them for other aquatic disciplines.

Up to 2 x 30 min lessons per week
1:10 ratio

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