

CBHSC 2023 TIMETABLE

Swordfish 4	MONDAY	CBLC	6.00pm-6.30pm	2 SESSIONS PER WEEK
	SUNDAY	CBLC	5.00-5.30	
Swordfish 5	MONDAY	CBLC	6.30pm-7.00pm	
	SUNDAY	CBLC	5.30-6.00	

DOLPHINS	MONDAY	CBLC	6.00pm-7.00pm	2 SESSIONS PER WEEK
	FRIDAY	HELSTON	7.00pm-7.30pm	

SHARKS	MONDAY	CBLC	6.00pm-7.00pm	CHOICE OF ANY 3 SESSION PER WEEK
	TUESDAY	ST.IVES	6.30pm-7.30pm	
	WEDNESDAY	CBLC	7.30pm-8.30pm	
	FRIDAY	HELSTON	7.30pm-8.30pm	

JUNIOR PERFORMANCE SQUAD	MONDAY	CBLC	7.00pm-8.00pm	ALL 5 SESSIONS AVAILABLE
	TUESDAY	ST.IVES	6.30pm-7.30pm	
	WEDNESDAY	CBLC	7.30pm-8.30pm	
	FRIDAY	HELSTON	7.00pm-9.00pm	
	SUNDAY	CBLC	5.00pm-6.00pm	

COUNTY PERFORMANCE SQUAD	MONDAY	CBLC	7.00pm-9.00pm	CHOICE OF ANY 5 SESSIONS
	TUESDAY	St.IVES	6.30pm-8.30pm	
	WEDNESDAY	CBLC	8.30pm-9.30pm	
	FRIDAY	CBLC	7.00pm-9.00pm	
	SATURDAY	HELSTON	7.00am-9.00am	
	SUNDAY	CBLC	6.00pm-8.00pm	

REGIONAL	MONDAY	CBLC	7.00pm-9.00pm
NATIONAL	TUESDAY	St.IVES	6.30pm-8.30pm
SQUAD	WEDNESDAY	CBLC	8.30pm-9.30pm
	FRIDAY	HELSTON	7.00pm-9.00pm
	SATURDAY	HELSTON	7.00am-9.00am
	SUNDAY	CBLC	6.00pm-8.00pm

ALL 6 SESSIONS AVAILABLE

MASTERS			
SQUAD	FRIDAY	CBLC	8.00PM-9.00PM

1 SESSION