

CBHSC 2023 TIMETABLE

|             |        |      |               |                            |
|-------------|--------|------|---------------|----------------------------|
| Swordfish 4 | MONDAY | CBLC | 6.00pm-6.30pm | <b>2 SESSIONS PER WEEK</b> |
|             | 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 | <b>2 SESSIONS PER WEEK</b> |
|          | FRIDAY | HELSTON | 7.00pm-7.30pm |                            |

|            |           |         |               |                                         |
|------------|-----------|---------|---------------|-----------------------------------------|
| SHARKS 8&9 | MONDAY    | CBLC    | 6.00pm-7.00pm | <b>CHOICE OF ANY 3 SESSION PER WEEK</b> |
|            | TUESDAY   | ST.IVES | 6.30pm-7.30pm |                                         |
|            | WEDNESDAY | CBLC    | 7.30pm-8.30pm |                                         |
|            | FRIDAY    | HELSTON | 7.30pm-8.30pm |                                         |

|           |           |         |               |                                         |
|-----------|-----------|---------|---------------|-----------------------------------------|
| SHARKS 10 | TUESDAY   | ST.IVES | 6.30pm-7.30pm | <b>CHOICE OF ANY 3 SESSION PER WEEK</b> |
|           | WEDNESDAY | CBLC    | 7.30pm-8.30pm |                                         |
|           | FRIDAY    | HELSTON | 7.30pm-8.30pm |                                         |
|           | SUNDAY    | CBLC    | 5pm-6pm       |                                         |

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

|                          |           |          |               |                                 |
|--------------------------|-----------|----------|---------------|---------------------------------|
| COUNTY PERFORMANCE SQUAD | MONDAY    | CBLC     | 7.00pm-9.00pm | <b>CHOICE OF ANY 5 SESSIONS</b> |
|                          | 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  
NATIONAL  
SQUAD

MONDAY      CBLC      7.00pm-9.00pm  
TUESDAY      St.IVES      6.30pm-8.30pm  
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**