

Senior 2

Our top competitive group. Swimmers in Senior 2 are generally High School Students who have been swimming competitively for multiple years and who desire to swim in college and/or compete at the national level. Senior 2 Swimmers are required to attend 7 swim workouts each week.

Senior High School

Swimmers in the Senior High School group are High School Students who have other sports or activities, but would still like to swim and possibly compete in swim meets. This group is intended to prepare swimmers for their High School Swim Team. There are no practice or meet requirements, but swimmers are encouraged to attend at least 4 workouts a week.

Senior 1

Swimmers in Senior 1 are typically 7th-9th grade. This group focuses on a balance of high level training and technique both on land and in the pool. Swimmers are required to attend 5 practices each week and attend meets regularly.

Gold

This group is for junior high swimmers. There are no mandatory practice or meet requirements. The group focuses on stroke technique with a heavier emphasis on endurance and overall fitness. Swimmers will be asked to set a goal of 3 workouts per week.

Age Group 3

This group provides introduction to a higher level of training with a major focus on stroke technique and race development. This group is for 10-12 year old swimmers. Swimmers will be asked to attend a minimum of four workouts a week with a goal of 5 to 6 workouts, and are expected to attend meets regularly. 11 & 12 swimmers must have 3 BB time standards to be eligible for this group.

Silver

This group is designed for beginning and intermediate training with a focus on learning skills in a fun environment. Swimmers will learn all four competitive strokes, starts and turns. Swimmers must be able to swim 50 yards of freestyle and backstroke comfortably. There are no mandatory practice requirements; swimmers are encouraged to attend 3 times/week. USA Swim meets are encouraged but not required. Low-key, fun intrasquad meets are offered through the year.

Age Group 2

This group is focused on an introduction to swimming training with a major focus on stroke technique and race development. This group is for 9, 10 and 11 year old swimmers. Swimmers will be asked to attend a minimum of three workouts a week with a goal of 4 to 5 workouts, and are expected to attend swim meets regularly.

Age Group 1

This group is for 9 and younger swimmers who possess all four competitive strokes and the ability to swim a 100 Individual Medley. They will begin to work on gaining endurance and racing skills. Swimmers in this group are expected to attend three practices weekly and meets regularly.

Bronze

These are our youngest swimmers. The group is working to master all four competitive strokes. The emphasis is on teaching the fundamentals by means of drills and games that make swimming fun. Swimmers should be five to eight years of age and able to swim 25 yards of freestyle and backstroke comfortably. There are no mandatory practice requirements and USA swim meets are encouraged but not required. Low-key, fun intrasquad meets are offered through the year.