

Age Group Development 1

Coach: Robert Pettifer

This level is for children 10 years old and under who enjoy swimming and are interested in participating in the sport of swimming. Swimmers will be introduced to the basic swimming skills needed to develop all four competitive strokes and the ability to swim distance freestyle with the goal of graduating to the Regional level. Swimmers in this group should attend all PASS meets and will have the opportunity to participate in a team travel meet by the season's end. These swimmers will train 4 out of 6 workouts offered during the week.

Prerequisites:

- Rapids Swim School (or comparable program)
- Must be able to swim a legal 100 I.M., and dive off the starting blocks
- 100 IM kick @ 3:00 (legal)

Equipment Required: Rapids (blue) bathing suit, Rapids T-Shirt & cap, Water bottle, Kickboard, and Fins

Age Group Development 2

COACH: Dennis Silva

This level is for children 10 years old and under who have been introduced to competitive swimming and wish to continue to learn about and get exposed to the sport. Swimmers in this group will continue to learn the skills needed to be competent in all four strokes. They will also be introduced to the training skills needed to increase their endurance and enhance their ability to swim distance freestyle. Swimmers in this group are expected to attend regular LMR competitions and a few invitational meets. These meets occur every 4 to 6 weeks. Participation in team travel meets is strongly recommended. The goal of swimmers in this group is to qualify for and compete at the LMR Championships. If they qualify for the BC AAA Provincial Championships swimmers are strongly encouraged to attend this competition with a parent. These swimmers may train up to 5 of 6 workouts offered during the week.

Prerequisites:

- 4:00 or better for a 200 Individual Medley
- 5:40 or better for a 300 Freestyle
- 200m kick under 4:30 under

Equipment Required: Rapids (blue) bathing suit, Rapids T-Shirt & cap (if worn), Water bottle, Kickboard, Pull-buoy, Fins, Junior Training Snorkel

****The Swim & Fitness shop at Watermania will have a list of all coach recommend equipment for these groups****

TRAINING SCHEDULE (All sessions at Watermania)

	MON p.m.	TUES p.m.	WED p.m.	THUR p.m.	FRI p.m.	SAT a.m.	Monthly Cost	Adv Fees
AGD1	5:15-7:00	5:50-7:00	5:15-7:00	5:50-7:00	5:15-7:00	8:45-10:00	\$153	\$150
AGD2	5:15-7:00	5:15-7:00	5:15-7:00	5:15-7:00	5:15-7:00	8:45-10:00	\$176	\$250

All listed practice times include activation/Dry Land training time