

## **Novice Blue**

- Age:** This group is composed primarily of 6-10 year olds.
- Training:** The focus for this group is continued stroke development.
- Schedule:** Novice Blue swimmers practice for one hour, four days a week.
- Competition:** Swimmers may compete in meets. Appropriate meets are NLAC “fun” meets, Mini-meets (for swimmers 8 and under), ABBC meets through USS, and summer swimming through Central Pennsylvania Swim League (CPSL).