

Novice

- Age:** This group is intended primarily for 6-10 year olds.
- Training:** The focus of training for this group is exposure to water and stroke development.
- Schedule:** Novice swimmers practice for one hour, three 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).