Red: The red group is for 8 and under swimmers and new 9-11 year old swimmers. This group focuses on learning correct practice habits, the core drill instruction for our team, and having fun in the sport of swimming. They will participate in aerobic conditioning to improve their fitness, but the emphasis is overwhelmingly on teaching. The red group will swim for 75 minutes 5 days per week. The average swimmer attends 3 practices per week. You are welcome to attend as many as you like.

Required Equipment Practice:

Mesh Bag

Kick board

Full bladed swim fins

Goggles

Swim Cap (cannot represent another team, required for girls)

Required Equipment Swim Meet:

Goggles

Team Suit

Team Cap

2 towels

Clothes and sandals/shoes to wear on deck