

Alpha Aquatics – Pre-Competitive Groups

Pre-Competitive/Level 1

5:00pm to 5:30pm, Monday thru Thursday

This is our beginners group. Swimmers in this group should be at least 5 years old, comfortable in the water and ready to learn the fundamentals of competitive swimming. This group will be focused on learning independent floating, freestyle side-breathing, freestyle and backstroke kicking, and proper body position.

Objectives

- a. To introduce beginning swimmers to the pool environment and to become familiar and comfortable in the water.
- b. To achieve complete independence and confidence in the water.
- c. To learn independent back float with proper rotation
- d. To begin basic kicking.
- e. To move around the pool independently with proper body position and kicking.
- f. To prepare swimmers for Level 2.

Pre-Competitive/Level 2

5:30pm to 6:15pm, Monday thru Thursday

This is the next group after Level 1 and appropriate for swimmers who may have had previous swimming lessons experience and want to continue to learn the fundamentals of competitive swimming. Swimmers in Level 2 MUST be able to back float, and kick (back/free). Swimmers in Level 2 will be focused on continuing developing the fundamentals of freestyle, and proper body position, along with intro to backstroke, breaststroke and butterfly drills.

Objectives

- a. To focus on correct breathing and body positioning for freestyle and backstroke.
- b. To further develop rotation drills and streamlining.
- c. To master catch-up freestyle drills and backstroke switch drills.
- d. To introduce breaststroke and butterfly kicking.
- e. To ensure swimmers don't need hands-on instruction.
- f. To prepare swimmers for Level 3.

Pre-Competitive/Level 3

6:15pm to 7:00pm, Monday thru Thursday

This is our most advanced pre-competitive group, and a good fit for those swimmers who have had previous swimming lessons experience, have mastered all of the Level 2 skills and are excited to continue to learn all the fundamentals of competitive swimming. Swimmers in Level 3 must be able to back float, side-breathe in freestyle, and kick all of the strokes. They will continue to develop proper freestyle body position, along with more advanced stroke specific drills. Racing skills such as dives and turns are introduced in this level.

Objectives

- a. To solidify good technique for full freestyle and backstroke.
- b. To continue developing breast and fly through stroke specific drills.
- c. To introduce starts and turns.
- d. To further develop good kicking for all strokes.
- e. To prepare swimmers for our Racing Development/Bronze group and to compete in swim meets.

Pricing

Level 1

4 Sessions per Week

\$200 per month

\$540 per 3 months

2 Sessions per Week

\$100 per month

\$270 per 3 months

Level 2

4 Sessions per Week

\$240 per month

\$650 per 3 months

2 Sessions per Week

\$120 per month

\$325 per 3 months

Level 3

4 Sessions per Week

\$180 per month

\$485 per 3 months