CPWD Group Descriptions		
Registration Group	**Age Range**	**Description**
High Performance	14 & older	The High Performance group is geared towards swimmers who have achieved success in qualifying for high level meets and are making swimming a priority. High Performance practices 9 x a week. Practices vary from 1.45 hours to 2.5 hours. Swimmers in High Performance are; - On track for Provincial standards; - Advanced skill instruction; - Racing strategies; - Pace work to be able to achieve Provincial and National Standards Season: September to June **Pre-Requisites**: Invited by Head Coach and must be accountable to have an attendance of over 80%
Senior	13 & older	The Senior program offers swimmers who have achieved success in invitational meets. The Senior Program practices 7 x a week, practices vary from 1.45 hours to 2.5 hours. The swimmers in this group must have achieved a minimum of Quebec AA times or able to handle the strenuous demands of a Senior program. They are working towards; - Regional and Provincial level times; - Developing competitive skills; - Swimming faster timed sets and training for high level competitions; - Knowing their times and understanding pace work - Activation, stretching and dryland training; Season: September to June. **Pre -Requisite**: Swimmers are invited by Head Coach based on age, maturity and ability.
AG Blue Performance	9-13 years	The Age Group Blue Performance program offers swimmers a chance to hone their competitive skill level; they swim 5 x a week, 2 x a week for 1.75 hours and 2 x a week for 1.5 hours and 1x a week for 2.5 hours. They may be invited to participate in Senior practices once and awhile. They are learning how to; - Swim on timed sets; - How to handle bigger sets with harder times; - Accountability in practice for knowing their times; - Completing large workouts, endurance for distance. Season: September to June **Pre-Requisites**: Invited by the Head Coach based upon ability.
AG Blue	9 - 13 years	The Age Group Blue program offers swimmers a chance to hone their competitive skill level; they swim 4 x a week (2 x a week for 1.75 hours and 2 x a week for 1.5 hours). They are learning how to; - Swim on timed sets; - How to use the clock to gage their times in practice; - Accountability in practice for knowing their times; - Completely large workouts, endurance for distance. Season: September to June **Pre-Requisites**: Invited by the Age Group Blue Coach based upon ability.
AG Black	12 & older	The Age Group Black group is for swimmers who have aged out of swimming lessons, no longer want to swim the required number of hours to compete at the higher level or athletes looking for conditioning to complement their other sports. This group is the perfect for Multi Sport athletes. Swimmers will able to attend local and Regional Meets throughout the season. Season: September to June **Pre-Requisites:** as chosen by the Head Coach and the Age Group Black Coach.
Junior	8 - 11 years	The Junior Program offers young competitive swimmers the opportunity to further develop their stroke & proficiency, competitive swim skills and endurance. Swimmers practice 3 x per week (2 x 60 min sessions & 1 x 90 min session) and participate in local and regional swim meets throughout the season - September - June. This program focuses on: - Stroke technique (butterfly, backstroke, breaststroke, freestyle and an introduction to the individual medley and relays; - Foundational competitive swim skills such as relay takeovers, pace times and swim meet and practice etiquette; - Aerobic endurance; and - Team work, fair play and fun. Season: September to June **Pre-Requisites:** Recommendation from the Pre-Competitive Coach to move up from the Pre Competitive Group, Swim assessment demonstrating the ability to swim proficiently Backstroke, Breaststroke, Freestyle and the basics fundamental skills of Butterfly.
Pre – Comp	6 – 8 years	The pre-competitive program begins the exciting and fun journey into swimming; Practicing 2 x per week (60 min sessions). Participation in local swim meets throughout the season is highly encouraged. This program focuses on: -Stroke proficiency and development (freestyle, backstroke, breaststroke and an introduction to butterfly); - Foundational competitive swim skills such as race starts, turns and swim meet rules; and - Team work, fair play and fun. Season: September to June **Pre-Requisites:** Minimum completion of Swimmer 4, or must be able to swim a minimum of 25m without stopping, floating on back, putting face in water, minimum capability of 2 types of strokes.