

CPWD GROUP DESCRIPTIONS

REGISTRATION GROUP	AGE RANGE	DESCRIPTION	# of spots available
High Performance	14+	The High-Performance group is geared to swimmers who have achieved success in qualifying for high level meets. Swimmers in High Performance are on track for Provincial standards and have made swimming a priority. They are performing at a Provincial and/ or National level. These swimmers are interested in advanced skill instruction, racing strategies and training. This group swims a maximum of 16.75 hrs per week. Season: Sept to June Prerequisite: Invited by Head Coach	10
Senior	13+	This program offers swimmers who have achieved success in invitational meets. The swimmers in this group must have achieved a minimum of Montreal Age Group times and are working towards Regional and Provincial times. These swimmers are encouraged to further their competitive skills, swim faster timed sets and train for high level competitions. This group swims 13.25 hours per week. Season: from September to June. Prerequisite: Swimmers are invited by coach based on age and ability.	24
Age Group Black	12+	This 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 athlete looking for conditioning to complement their other sports. This group is the perfect for Multi Sport athletes. Swimmers will be allowed to attend a few meets through out the season. as chosen by the Head Coach and their coach.	14
Age Group Blue	9 to 13	This program offers swimmers a chance hone their competitive skill level. They are learning how to swim on timed sets and how to use the clock to gage their times. This group is focused on becoming accountable in practice for knowing their times. This group is working towards achieving Age Group Montreal Times. This group swims 6.5 hours per week. Season: from September to June. Prerequisite: Invited by the coach based upon ability.	24
Junior	11 and under	This program offers younger competitive swimmers a chance to work on stroke development, learning racing skills and introduction to meets. Huge focus on starts and turns with the goal to achieve success in local and regional meets. This group swims 3.5 hours per week. Season: from September to June.	16
Pre-Competitive	6 to 10	Goals of this non-competitive group are focused on basic swimming skills in Freestyle, Backstroke, Breaststroke and turns. Swimmers in this group are introduced to Butterfly and racing starts. The swimmer has the option to participate in one competitive meet during the year (not session). This group swims two 1-hour practices per week. Season: There are three, 12 week sessions during the swimming season; Fall, Winter and Spring. Prerequisite: Must have the ability to swim 50m Freestyle and 25m of any other stroke. They also must be comfortable on their backs in the water.	14