

Performance

- **13 & OVER**
- **Performance** - Swimmers who demonstrate the ability and commitment to reach Canadian Trials levels and to compete at the International level

14 & Over

National
National Development 3
Provincial 3
Senior

- **14 & OVER**
- **National**- Swimmers who demonstrate the ability and commitment to reach Canadian Swimming Championships (CSC) level. Minimum requirement of OYJ qualifying time
- **National Development 3** -Swimmers who demonstrate the ability and commitment to reach Ontario Youth Junior/Provincial level
- **Provincial 3** - Swimmers who demonstrate ability and commitment to reach Central Region A level
- **Senior** - For those swimmers wishing to stay active with swimming

11 - 13 Yrs Old

National Development 1 & 2
Provincial 2
Junior
Intro 11 -12

- **11 & 13 Yrs Olds**
- **National Development 2** - Swimmers who demonstrate ability and commitment to reach Provincial/Festival/Eastern National Levels. Minimum requirement of Central Region A Standards
- **National Development 1**- Swimmers who demonstrate ability and commitment to reach OYJ (Ontario Youth-Junior) levels. Minimum requirement of Central Region B Standard
- **Provincial 2** - Swimmers who demonstrate the ability and commitment to reach Central Region B levels
- **Junior** - Swimmers who have demonstrated the ability and commitment to reach Central Region C levels
- **Intro 11-12** - Swimmers looking to develop their basic swimming skills into fundamental competitive skills

10 & Unders

Provincial 1
Intro 10 & Under

- **10 & Under**
- **Provincial 1** - Swimmers who demonstrate the ability and commitment to reach Festivals levels
- **INTRO 10 & Under** - Swimmers looking to develop their basic swimming skills into fundamental competitive skills

WAVES
6- 12 Yrs Old

Teen Waves
13 & Over

- **Waves 6-12 Yrs Old**- Pre-competitive program. Beginner swimmer wanting to develop basic competitive swimming skills
- **Teen Waves 13 +** For the older swimmer looking to improve basic swimming skills