

Age Group Programming - 2016-17

	Practice Group	Practice Attendance Per Week (Recommended)	Length of Swim Practice	Length of Dryland Practice	Age Range of Swimmers	% of Practice Technique and Drills	% of Practice Aerobic	% of practice Anerobic	Early Season	Mid Season	Late Season	Emphasis
Novice	Starfish	2 of 5	45 min	15 min	5 to 10 years	90	5	5	>800	1000	>800	Learning, Technique, Fun
	Seahorse	2 of 5	45 min	15 min	5 to 10 years	90	5	5	>800	1000	>800	Learning, Technique, Fun
	Stingray	2 of 5	45 min	15 min	5 to 10 years	90	5	5	>800	1000	>800	Learning, Technique, Fun
	Tech Nov	3 of 5	45 min	15 min	16-Nov	90	5	5	>800	1000	>800	Learning, Technique, Fun
Developmental	Red	3 of 5	1:00	15 min	6 to 11 years	80	15	5	1500	2000	1500	Learning, Technique, Fundamentals of Swimming, Competition, Fun
	White	3 of 5	1:15	15 min	7 to 12 years	70	20	10	2000	2500	2000	Learning, Technique, Fundamentals of Swimming, Competition, Fun
	Blue	4 of 6	1:15	15 min	8 to 12 years	60	25	15	2500	3000	2500	Technique, Fundamentals of Swimming, Competition, Fun
	Tech Dev	4 of 6	1:15	15 min	11 - 16 years	60	25	15	2500	3000	2500	Technique, Fundamentals of Swimming, Competition, Fun
Advanced AG	Bronze	4 of 6	1:30	20 min	9 to 13 years	50	35	15	3000	4000	3500	Technique, Fundamentals of Swimming, Competition, Training, Fun
	Silver	4 of 6	1:30	25 min	10 to 14 years	40	40	20	4000	5000	4500	Technique, Fundamentals of Swimming, Competition, Training, Fun
	Gold	5 of 6	1:45	30 min	11 to 14 years	30	45	25	5000	5500	5000	Technique, Fundamentals of Swimming, Competition, Training, Fun