

Senior

Our top competitive group. Swimmers in Senior are generally High School Students who have been swimming competitively for multiple years and who desire to swim in college and/or compete at the national level. Senior Swimmers are required to attend 7 swim workouts each week.

Senior High School

Swimmers in the Senior High School group are High School Students who have other sports or activities, but would still like to swim and possibly compete in swim meets. This group is intended to prepare swimmers to compete for their High School Swim Team. There are no practice or meet requirements, but swimmers are encouraged to attend at least 4 workouts a week.

Age Group 3

Swimmers in AG3 are typically 7th-9th grade. This group focuses on a balance of high level training and technique both on land and in the pool. Swimmers are required to attend 5 practices each week and attend meets regularly.

Age Group 2

AG2 is focused on an introduction to swimming training with a major focus on stroke technique and race development. This group is for 9, 10 and 11 year old swimmers. Swimmers will be asked to attend a minimum of three workouts a week with a goal of 4 to 5 workouts, and are expected to attend swim meets regularly.

Age Group 1

AG1 swimmers work to master all four competitive strokes. The emphasis is on teaching the fundamentals by means of drills and games that make swimming fun. Swimmers should be at least five to eight years of age and able to swim 25 yards of freestyle and backstroke comfortably. There are no mandatory practice requirements, but our recommendation is at least 3 a week. USA swim meets are encouraged.



Loveland Swim School

These are our youngest swimmers. Swim School swimmers work on freestyle, backstroke and then breaststroke, butterfly, and racing skills. Swimmers must be water safe and at least 4 years of age to join.