

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 Group Swimmers are expected to attend 8 swim workouts each week.



Pre-Senior

The Pre-Senior group is our competitive middle-school group. Swimmers in this group have typically been swimming competitively year-round for multiple years and desire to move into our Senior group when they start High School. They are training to compete at the state, regional and national level. Pre-Senior Swimmers are expected to attend 5 workout each week, attend 1 swim meet each month and compete in the highest level meet they qualify for at the end of SCY and LCM competition seasons.



Age Group 3

Swimmers in Age Group 3 are typically in 5th-7th grade. The group focuses on quality training both in the pool and on land to help prepare them to compete at the state level. Swimming technique is a major focus for swimmers in this group. Age Group 3 swimmers are expected to attend 4 practices per week and attend about 1 swim meet per month.



Age Group 2

Most swimmers in Age Group 2 are between 9-11 years old and can either be new to the sport of swimming or have 1-3 years of experience. The primary focus for Age Group 2 is swimming technique and beginner level competition preparation. Swimmers are expected to attend 3 workouts per week and attend about 1 swim meet per month.



Age Group 1

Age Group 1 swimmers are typically 7-10 years old and all are beginners in their first or second year of competitive swimming. Swimmers in Age Group 1 are learning to master all four of the competitive strokes. The emphasis is on teaching fundamentals using fun and a positive learning-environment. Swimmers should be able to swim a 25 yard lap of freestyle and backstroke before they are ready for Age Group 1. Age Group 1 swimmers are encouraged to attend 3 practices per week and around 1 swim meet per month.



Swim School

Our newest and usually youngest swimmers start off in Swim School. Swim School swimmers learn the four competitive strokes and basic racing skills. Swimmers must be water safe to join and at least 3.5 years of age.

High School

Swimmers in the High School group are in 8-12th grade 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.

