

Practice Groups

Group	Ages	Entry Requirement	Attendance Expectation
Novice	7 to 12	SwimAmerica Level 7 or Red Cross Level 3	Minimum 2 times per week
Age Group 1	9 to 12	10 & Under BB Times	Minimum 3 times per week
Age Group 2	9 to 14	11-12 BB Times	Minimum 3 times per week
Pre-Senior	12 & Over	13-14 BB Times	Minimum 4 times per week
Senior	14 & Over	15 & Over A Times	Minimum 5 times per week