



Introduction Group



The Intro Group is for swimmers just out of swim lessons who know both freestyle and backstroke. Seasonal fees are not charged for swimmers in this group. Registration is a monthly commitment, and no refunds are offered except in rare unforeseen circumstances and only after board approval. This group is all about keeping it fun!

- **Eligibility requirements:**
 - Ability to do both backstroke and freestyle with side breathing for 25 yards.
 - Swimmers must demonstrate the maturity to train.
- **About the group:**
 - Butterfly and breaststroke will be taught in this group. Technique in all four strokes starts and turns. Dry-land introduction. Learn basic stroke drills.
 - Workouts: 2 x 1 hours/week offered
 - Major Goals: Preparation to advance to the next group. Basic use of pace clock: 5-sec. intervals, etc. Ability to complete knowledge of all four competitive strokes. Develop legal turns in all strokes. Attend meets.