

GENERAL INFORMATION

The Rochester Swim Club (RSC) program provides a system of instructional and training groups designated to move young swimmers through their swimming careers smoothly and successfully. RSC offers year-round swimming opportunities for all ages from swim lessons to masters. Rochester Swim Club is part of Minnesota Swimming, Inc., a Local Swim Committee (LSC) of USA Swimming.

RSC VALUES

1. We believe that teamwork is essential for success
2. We believe in a community that supports health and wellness for all
3. We promote a culture of continued learning for kids, members, parents and staff

GROUP STRUCTURE

Groups are structured so that swimmers will practice and compete within their age and ability peers. Exceptions to the general guidelines may be evaluated on a case to case basis.

Typically, all group moves occur on September 1 and April 1 between seasons.

ROSTER GROUPS:

USA Swim Team:

Red

White

Blue

Junior 1

Junior 2

PreSenior

Senior Prep

Senior

House League Swim Team

House League 6th Grade & Below

House League 7th Grade & Above