



2022-2023 Acorns Program

The OAK Acorns program is an excellent introduction to competitive swimming. This program teaches the four competitive strokes (freestyle, backstroke, breaststroke and butterfly) as well as flip turns and race starts.

[Click here to register.](#)

Practices are typically one hour in length and the program runs from September to June. Swimmers are organized into training groups based on different practice schedules.

No tryout is needed to register for this program. [Click here to register.](#)

Acorns Minimum Swimming Requirement

- Be independent and take part in practice
- Float on front and small kick
- Float on back and small kick
- Submerge fully underwater and breathe out
- Tread water for 15 seconds
- Jump into deep water unassisted

Acorns Age Requirement (as of December 31, 2022)

- Acorns 5: 10 - 13 years old
- Acorns 4: 10 and under
- Acorns 3: 10 -12 years old
- Acorns 2: 10 and under
- Acorns 1: 10 and under

Additional Information

Monthly calendars with all Acorns practice dates will be posted ahead of time and can be viewed by logging on to the OAK website. On occasion, dates may change due to circumstances beyond the Club's control. The total number of lessons will remain the same for the entire season.

Assessments are performed in December and March to evaluate the progress of the swimmers. At these times, swimmers may be invited to move to the next level of competitive programming: Novice.