



Occoquan Swimming Group Placement Chart



CAN YOUR CHILD SWIM?

YES

NO

But they do not know their strokes yet.>



Occoquan Swim Academy (OSA) would be an excellent fit.

But we are only looking for an opportunity to refine skills and fitness in a noncompetitive environment.>



Consider joining one of the groups in our Streamline Program.

SPEED Squad
Homeschool Fitness
Highschool Prep

But they can only swim freestyle and backstroke legally (25 yards or more) and would like to compete in all 4 competitive strokes eventually.>



Consider joining our Competitive Medley Program.

Medley 1: Ages 6-8.
Medley 2: Ages 9-12.

My swimmer can complete a legal 100 Individual Medley, but doesn't have a strong background in competitive year-round swim team.>



Consider joining our Competitive Advanced Program.

Advanced 1: Ages 8-10.
Advanced 2: Ages 11-14.

My swimmer can complete a legal 100 Individual Medley, and has a strong background in competitive year-round swim team.>



Depending on your swimmer's age, you may want to consider joining one of the following Competitive programs:

Junior Olympics: Ages 9-15.
Senior: Ages 13-18.
National Training: Ages 15+.