

Level 1/1A Group

Ages 7 & Under

Level 1/1A swimmers are ages 4-7. Swimmers will learn the fundamentals of streamline kicking, freestyle, and backstroke. They are introduced to dolphin kick. Level 1/1A swimmers focus on learning correct side-breathing freestyle and correct, efficient backstroke.

Entry-level expectations for Pre-Bronze swimmers:

- Water safe.
- Able to swim 12.5 yards of Freestyle without holding on to the wall or walking on the bottom of the pool.
- Able to float on back unassisted for at least 10 seconds.
- Able to pay attention to their coach and not distract others in the group.

Level 2 Group

Ages 7-10

Level 2 swimmers focus on stroke technique, body position, and kicking to set themselves up for future success. Level 2 swimmers have not yet mastered the basic rhythm of all 4 strokes but are proficient in Freestyle and Backstroke. They learn the fundamentals of each stroke as the season progresses (streamlined underwater kick, butterfly, backstroke, breaststroke, and freestyle), flip turns and begin learning how to use a pace clock.

Entry-level expectations for Level 2 swimmers:

- Able to swim multiple 25-yard laps of freestyle unassisted.
- Able to swim multiple 25-yard laps of backstroke unassisted.
- Able to push and glide off walls.
- Able to comprehend instruction from a Coach in a group setting.

Level 3 Group

Ages 8 - 12 years

Level 3 swimmers will still focus on stroke technique, body position, and kicking while building endurance to set themselves up for future success. Level 3 swimmers have mastered the basic rhythm of 3 of the 4 strokes and very close to mastering the 4th stroke. Working to perfect the flip turn and legal IM turns. Be able to read a pace clock and follow coaches' instructions.

Entry-level expectations for Level 3 swimmers:

- Begin each lap from the ready position.
- Be legal in at least 3 strokes.
- Able to streamline and do the proper kicks off every wall.
- Able to complete the following set:
 - 4 x 50s freestyle @ 1:10
 - 8 x 25 freestyle @ :40
 - 4 x 25s scull @ 1:00
 - 6 x 25 kick @ :45

Level 4 Group

Ages 10 – 13 years

The Level 4 group continues the gradual building of workout intensity as swimmers progress. Swimmers maintain focus on stroke technique, body position, and kicking to set them up for future success.

Entry-level expectations for Level 4 swimmers:

- Begin each lap from the ready position.
- Be legal in all 4 strokes
- Able to streamline and do the proper kicks off every wall.
- Reads pace clock (basic intervals)
- Can perform legal turns consistently
- Able to complete the following set:
 - 6 x 50s freestyle @ 1:00
 - 8 x 25 freestyle @ :30
 - 4 x 25s scull @ :45
 - 6 x 25 kick @ :35

Level 5 Group

Ages 12 – 14 years

The Level 5 group continues the gradual building of workout intensity as swimmers progress. Swimmers maintain focus on stroke technique, body position, and kicking to set them up for future success.

Entry-level expectations for Level 5 swimmers:

- Begin each lap from the ready position.
- Be legal in all 4 strokes
- Able to streamline and do the proper kicks off every wall.
- Reads pace clock (basic intervals)
- Can perform legal turns consistently
- Able to complete the following set:
 - 6 x 50s freestyle @ :55
 - 8 x 25 freestyle @ :25
 - 4 x 25s scull @ :40
 - 8 x 25 kick @ :30

Level 6 Group (High School)

Ages 14 – 18 years

The Level 6 group continues the gradual building of workout intensity as swimmers progress. Swimmers maintain focus on stroke technique, body position, and kicking to set them up for future success. This group has the same list of expectations as Level 5, but will only consist of High Schoolers.

Entry-level expectations for Level 6 swimmers:

- Begin each lap from the ready position.
- Be legal in all 4 strokes
- Able to streamline and do the proper kicks off every wall.
- Reads pace clock (basic intervals)
- Can perform legal turns consistently
- Able to complete the following set:
 - 6 x 50s freestyle @ :55
 - 8 x 25 freestyle @ :25
 - 4 x 25s scull @ :40
 - 8 x 25 kick @ :30