



Minnow



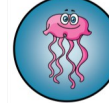
- 6 mos. to 3 yrs. old with parent

Starfish



- 3-5 yrs. old
- Beginner


Jellyfish



- 5-9 yrs. old
- Beginner




Clownfish




- 3-5 yrs. old
- Must be able to swim 1 yard unassisted
- Must be able to jump to instructor from the deck

Sea Turtle




- 6-14 years old
- Swim 10-15 yards unassisted
- Be able to float, go under water, and propel self on back
- OR passed the jellyfish class

Manta Ray




- 6-14 years old
- Swim 25 yards unassisted, able to swim backstroke
- Dives or jumps in
- OR passed Sea Turtle class

Otter




- 6-14 years old
- Swim 50 yards unassisted and 25 yards of backstroke
- Dive from side of pool
- OR passed Manta Ray class

Dolphin



- 6-14 years old
- Swim 100 yards freestyle with side breathing
- Swim backstroke and breaststroke 50 yards
- Dive from side of pool
- OR passed Otter class

Whale




- 6-14 years old
- Swim 200 yards continuously
- Swim 50 yards backstroke and breaststroke and 25 yards butterfly
- Able to dive
- OR passed dolphin class

Shark



- 3-14 yrs. old Adaptive swim lessons for children with mental or physical disabilities





Coach assigned groups based on a combination of age and ability

- Year round competitive USA swim team
- New swimmers: **TRYOUT**

Riptides: 7-11 year old swimmers 4 practices a week
Pointbreaks: 10-14 year old swimmers 5 practices a week
PreSenior: 10-14 year old swimmers 6 practices a week
Senior: 13-18 year old swimmers 7+practices a week

Splash



Grouped by age

- Must be able to swim 50 yards unassisted
- Summer non-competitive swim team
- Runs June through August
- 4 practices a week

Rocklin WAVE



Grouped by age

- New swimmers: tryout
- Summer Competitive Recreational Team
- Runs April-July
- 5 practices a week