

GATOR GROUP DESCRIPTIONS

Gator Eggs

Gator Eggs is designed for beginner swimmers aged 6 & under. Gator Eggs instructors will be in the water with swimmers, focusing on basic water skills and the introduction of freestyle and backstroke. Group size will be 4 swimmers per instructor.

Gator Prep 1

Gator Prep 1 is designed for elementary school aged swimmers who already have basic swimming skills and want to continue to develop ability in all 4 swimming strokes, starts, and turns. Swimmers may choose a 2 or 4 day a week practice option.

Gator Prep 2

Gator Prep 2 is designed for middle and high school aged swimmers who already have basic swimming skills, but want to continue to develop swimming ability in all four swimming strokes, starts, and turns. Swimmers may choose a 2 or 4 day a week practice option.

Blue

The blue group is designed for swimmers aged 5-8 already have developed basic swimming skills and want to develop proficiency in all four swimming strokes. Focus is on developing proper stroke technique, working on starts and turns, and having fun!

Mighty Gators

Mighty Gators is designed for swimmers aged 7-10 who have achieved proficiency in all four strokes. This is the first level of our competitive swimming program. Focus is still on developing technique, while beginning to increase endurance and develop a love for racing. Participation in competitive meets is encouraged.

Gold

Gold group is our top training group for swimmers aged 9-14. Stroke technique, starts, turns and underwater kicking continue to be refined, while pacing, race strategy, strength and endurance are developed. Dryland training is introduced. Regular attendance is expected and participation in competitive meets is strongly encouraged.

Senior

Senior group is the top training group for high school aged swimmers. Stroke technique, starts, turns, underwater kicking, pacing, race strategy, strength and endurance continue to be emphasized. Swimmers in this group seek to compete at the highest level available to them through the USA Swimming model. Dryland, weight training, and increased time in the pool are added in this group. Regular attendance and participation in competitive meets is expected.