

PROGRAM FLOW CHART



Below you will find a brief overview of our swim team programs to help find the best fit for your child and family

INDIVIDUAL AND SPECIALIZED INSTRUCTION

Private Swim Lessons

Piranha P.A.L.S
(Persons with Autism who Love to Swim)

Special Abilities
(SwimAngelfish™ certified instructors)

GROUP INSTRUCTION

Recreational Track

-7 week sessions
-USA Reg NOT permitted

Discovery
Teaches proper stroke mechanics of the four competitive strokes (Free, Back, Breast, Fly)

- Diving from side/blocks
- Backstroke starts
- Introduction to Flip Turns

Discovery 1 meets once a week
Discovery 2 meets twice a week

"Fun and Fit"

-Swimmer who progresses past Discovery 2 but do not wish to compete, grades 1-8th

"Teen Fit"

-swimmer who would swim in the Silver or Gold group but does not wish to compete.
Grades 7-12

Competitive Track

*USA Reg required
September-March

Bronze
-Continue development of 4 competitive strokes
-introduce training for competition
-Improve Free/back turns
-Introduce Open Turns and IM Transitions

Silver*
-Refine legal strokes
-Training for competition
-must know all 4 strokes legally for group participation

Gold*
-Training for competition emphasized
-Refine stroke technique
-A time or 10x100 @ 1:35 required for group participation

High School Track

-USA Reg Optional

High School

-Training group for Independent HS Athletes (swimmers who do not have high school teams)
-Must be in High School
-Must be academically eligible by OHSAA standards
-must compete in OHSAA meets

High School PRE/POST SEASON

-for swimmers who have a high school sponsored swim team. Practice up to 5 days a week before and after HS Season. USA Swim meets are optional but encouraged

Teen Fit: See Rec Groups