



Age Group Practice Groups (10–14)

Presenior

Schedule: Mon–Thu 6:15–7:15 pm

Price:

General Age Range: 13–14

The top Age Group training level for swimmers preparing to transition into Senior-level swimming. Athletes continue refining advanced technique, race strategy, endurance, and training consistency with goals of qualifying for and competing successfully at state and national-level meets.

Age Group Gold

Schedule: Mon–Thu 6:15–7:15 pm

Price:

General Age Range: 10–13

A competitive training group focused on continued stroke development, work ethic, goal setting, and racing skills. Swimmers build endurance, improve technique across all four strokes, and prepare for success at local and state-level competitions.

Age Group Dev

Schedule: Mon/Wed 6:15–7:15 pm

Price:

General Age Range: 10–13

Designed for newer swimmers or athletes with limited weekly availability. Practices focus on stroke technique, starts and turns, confidence building, and developing a strong foundation for competitive swimming. This group is also a great option for swimmers preparing for summer league participation.