



Junior Practice Groups (10 & Under)

Junior Gold

Schedule: Mon–Thu 5:15–6:15 pm

Price:

General Age Range: 8–10

Our top Junior-level training group for swimmers demonstrating strong technique, focus, and commitment. Practices emphasize advanced stroke technique, starts, turns, underwater skills, and building endurance while preparing swimmers for higher-level competition. Athletes are encouraged to develop strong training habits, goal setting, and race strategy in a positive team environment.

Junior Silver

Schedule: Tue/Thu 5:15–6:15 pm

Price:

General Age Range: 6–10

Designed for more experienced young swimmers who are comfortable with freestyle and backstroke and are continuing to develop breaststroke and butterfly. Swimmers focus on refining stroke technique, learning proper starts and turns, and building confidence and endurance through structured team practices.

Junior Dev

Schedule: Mon/Wed 5:15–6:15 pm

Price:

General Age Range: 4–8

A developmental bridge between swim lessons and competitive swimming. Swimmers must be able to swim one length of the pool independently in freestyle and backstroke. Practices introduce breaststroke and butterfly fundamentals while teaching basic starts, turns, lane etiquette, and team practice structure in a fun and encouraging environment.