



Senior Practice Groups (13+)

Senior Group

Schedule:

M/W/F 6:00-7:45 am

Tu/Th 6:15-7:15 pm

Price: \$220 per month

General Age Range: 13+

Our highest-level training group for dedicated swimmers pursuing excellence at the state and national level. Practices focus on advanced race preparation, endurance, strength, leadership, and high-performance training while encouraging accountability, goal setting, and long-term athlete development.

HS Senior Group

Schedule:

M/W/F 6:00-7:45 am

Price: \$160 per month

General Age Range: 13+

Designed for high school swimmers balancing club swimming with other sports, school activities, or busy schedules. This group provides year-round conditioning and skill development with a focus on maintaining competitive performance and preparing for high school and state-level competition.

Senior Dev Group

Schedule:

Mon/Wed 6:15-7:15 pm

Price: \$110 per month

General Age Range: 13+

A flexible option for swimmers with limited availability or non-year-round competitive goals. Practices focus on stroke development, conditioning, and maintaining fitness while supporting swimmers interested in high school swimming, summer league participation, or continued personal improvement in the sport.