

# Youth Aquatics

## Spring Swim Team—Session 1

*Tuesday, April 7—Thursday, May 14 (six weeks)*

Our Swim Team trains during the fall, winter and spring sessions, and competes only during the summer session. Swimmers may elect to train one or two days per week.

- **Member** registration begins Monday, March 9, 2020
- **Non-Member** registration begins Monday, March 16, 2020

Day	Time (p.m.)	Training Levels		
Tuesday	5:30 — 6:15 p.m.	Level 1		
	6:15 — 7:15 p.m.		Level 2	
	7:15 — 8:15 p.m.			Level 3-4
Thursday	5:30 — 6:30 p.m.		Level 2	
	6:30 — 7:15 p.m.	Level 1		
	7:15 — 8:15 p.m.			Level 3-4

		1 day per week	2 days per week
Program Costs	Member	\$60	\$120
	Non-Member	\$80	\$160

**To register, use the online registration feature on your Club Automation account.  
For more information or assistance, contact our swim team line at (810) 606-7813.**

Payment must be made at the time of registration. No make up dates for missed classes.

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## Level 1: Fundamentals of Competitive Swimming (coach ratio: approximately 8:1)

Entry Requirements	Focus/Goals
<ul style="list-style-type: none"> <li>Swim freestyle with rhythmic (side) breathing and backstroke 50 yards (2 lengths of the lap pool).</li> <li>Swim butterfly and breaststroke 25 yards (1 length of lap pool)</li> <li>Attempt a freestyle flip turn after 25 yards</li> </ul>	<ul style="list-style-type: none"> <li>Continued refinement of all four competitive strokes (freestyle, backstroke, breaststroke and butterfly)</li> <li>Swim 100 yards continuous of freestyle and backstroke with proper flip turns.</li> <li>Swim 50 yards of legal breaststroke or butterfly</li> <li>Fundamental skills of competitive swimming and training are taught such as circle swimming and turns and pullouts</li> </ul>

## Level 2: Fundamentals of Competitive Swimming (coach ratio: approximately 12:1)

Entry Requirements	Focus/Goals
<ul style="list-style-type: none"> <li>Swim 100 yards (4 lengths) continuous freestyle with proper flipturns</li> <li>Swim 100 yards (4 lengths) continuous backstroke</li> <li>Swim 50 yards of legal breaststroke/butterfly</li> </ul>	<ul style="list-style-type: none"> <li>Swim 200 yards of freestyle continuously</li> <li>Swim 200 yards of backstroke continuously</li> <li>Swim 100 yards of of legal breaststroke and butterfly with pullouts and turns</li> <li>Fundamentals of competitive swimming and training are reinforced. The pace clock and its use is also introduced</li> </ul>

## Level 3: Fundamentals of Competitive Swimming (coach ratio: approximately 12:1)

Entry Requirements	Focus/Goals
<ul style="list-style-type: none"> <li>Swim 200 yards of freestyle continuously</li> <li>Swim 200 yards of backstroke continuously</li> <li>Swim 100 yards of of legal breaststroke and butterfly with pullouts and turns</li> </ul>	<ul style="list-style-type: none"> <li>Swim 500 yards freestyle continuously</li> <li>Swim 200 yards backstroke continuously</li> <li>Swim 100 yards of legal breaststroke or butterfly with pullouts and turns</li> <li>Pace clock is used in completion of practice sets</li> </ul>

## Level 4: Fundamentals of Competitive Swimming (coach ratio: approximately 12:1)

Entry Requirements	Focus/Goals
<ul style="list-style-type: none"> <li>Swim 500 yards freestyle continuously</li> <li>Swim 200 yards backstroke continuously</li> <li>Swim 100 yards of legal breaststroke or butterfly with pullouts and turns</li> </ul>	<ul style="list-style-type: none"> <li>Continued refinement of all four competitive strokes</li> <li>Increase yardage and endurance</li> <li>Target age is 13 years.</li> <li>Dryland outside of swim program is recommended</li> </ul>