

## Group Requirements and Descriptions

Minimum age 5yrs.

### **Rose 1: Age 5y. Swimmers must be able to swim 25y without stopping.**

Swimmers learn water safety skills in and out of the pool. The focus is to become comfortable in the water. Skills such as kicking all 4 strokes, side breathing, learning body and head position and balance in the water are some of what's taught. To move to Rose 2, swimmers need to be able to do all skills independently of instructor.

### **Rose 2: Ages 5y. Swimmers must be able to swim 25 yards of Freestyle without stopping and 25 yards of Backstroke without turning over onto stomach.**

The primary focus will be placed on teaching all 4 strokes through the use of drills. Swimmers will practice the kicks for all strokes. Progress in this group will be measured on refining technique in breaststroke and butterfly kick and freestyle and backstrokes. **Swimmers learn to swim 25 yards Butterfly and Breaststroke** with the understanding of how the arms and legs move for each of those strokes. The primary focus will be placed on teaching skills and drills for all strokes. Progress in this group will be measured on refining technique and not on speed in the water.

### **Rose Pre Team 10& Under: Ages 5y**

#### **Pre Team: Swimmers practice swimming all four strokes legally.**

This group will focus on learning proper front and back starts and turns. Training will emphasize refining and perfecting technique of all 4 competitive strokes simultaneously develop an aerobic base. Progress in this group will be measured by proper technique and safely executing front and back starts and. complete practice sets on specific intervals

#### Rose Pre Team 11/12y. **Swimmers practice swimming all four strokes legally.**

This group will focus on learning proper front and back starts and turns. Training will emphasize refining and perfecting technique of all 4 competitive strokes while simultaneously develop an aerobic base. Progress in this group will be measured by proper technique and safely executing front and back starts, and complete practice sets on specific intervals.

#### Rose Pre Team 13 & over. **Swimmers practice swimming all four strokes legally.**

This group will focus on learning proper front and back starts and turns. Training will emphasize refining and perfecting technique of all 4 competitive strokes while simultaneously develop an aerobic base. Progress in this group will be measured by proper technique and safely executing front and back starts, complete practice sets on specific intervals.