

Age Group Team

Swimmers age 8 and over, who have graduated from the Developmental Team or are proficient in all four competitive strokes. Age Group meets 4-8 times a week for 1 1/2-2 hour long scheduled practices, see the coaches for number of practices recommended. The emphasis at the Age Group level is on stroke technique lessons, skill development and the introduction to specific training methods. The ultimate GOAL is to have FUN while learning and developing in the sport of swimming.