



TSC Academy Swim Programs

The Toronto Swim Club Academy is a pre-competitive program designed to introduce the fundamental skills of competitive swimming in a fun and engaging environment. The program targets swimmers 10 & under and is divided into groups based on age and ability, with the following goals being reinforced and promoted in all Academy levels:

- development of skills across all 4 competitive strokes
- proper body position, streamline, kicks, basic drills, starts and turns
- basic knowledge of pace clock
- understanding of lane etiquette (orders, circle swimming)
- respect for teammates, coaches, and facilities
- consistent effort in practice
- strong attendance at practice and swim meets

Progression through the Academy levels is based on meeting certain criteria: age, skill achievement, commitment, and training habits. A high level of attendance is expected of all swimmers to ensure proper skill development. Each Academy level below details the selection criteria, age range, and an overview of the goals. Time spent in each Academy level and selection into the competitive stream varies based on the swimmer's rate of development.

Bronze, Silver & Gold Programs (Ages 10 & under):

Bronze

AGES: 8 years old & under (Grades 1-3)

TRAINING: 45 minutes per session, 2 times weekly

SELECTION CRITERIA:

- able to swim 25 meters of freestyle, breathing to the side, no stopping
- able to swim 25 meters of backstroke, no stopping
- must be 8 years old or younger

BASIC GOALS:

- legal in freestyle, backstroke, and breaststroke
- dives from the block, flip turns
- train and compete to be promoted to Silver & Silver Select



Silver

AGES: 6-9 years old (Grades 2-4)

TRAINING: 60 minutes per session, 2 times weekly

SELECTION CRITERIA:

- able to swim 25 meters of freestyle, breathing to the side, no stopping
- able to swim 25 meters of backstroke, no stopping
- able to perform proper whip kick
- must be 9 years old or younger

BASIC GOALS:

- legal in freestyle, backstroke, breaststroke, and butterfly
- dives from the block, turns for all individual strokes
- introduction to interval training
- train and compete to be promoted to Silver Select, or Gold

Silver Select

AGES: 6-9 years old (Grades 2-4)

TRAINING: 60 minutes per session, 3 times weekly

SELECTION CRITERIA:

- advanced Bronze & Silver skills and training habits
- 90% or higher attendance in practice and swim meets in prior swim season
- Academy Director's discretion
- must be 9 years old or younger

BASIC GOALS:

- legal in freestyle, backstroke, breaststroke, and butterfly
- dives from the block, turns for all individual strokes
- development of interval training
- train and compete to be promoted to Gold or Gold Select



Gold

AGES: 7-10 years old (Grades 3-5)

TRAINING: 60-90 minutes per session, 3 times weekly

SELECTION CRITERIA:

- skills across all 4 strokes, starts, and turns
- able to legally swim 50 meters of backstroke, 50 meters of breaststroke, 50 meters of freestyle and 25 meters of butterfly
- able to execute a proper side push off with underwater dolphin kicks

BASIC GOALS:

- side push off, streamline, kicks, starts, and turns (individual strokes and individual medley) performed regularly in practice and swim meets
- progress interval training, introduce aerobic base training
- train and compete to be promoted to Gold Select or the Youth Program in the competitive stream

Gold Select

AGES: 7-10 years old (Grades 3-5)

TRAINING: 60-90 minutes per session, 4 times weekly

SELECTION CRITERIA:

- advanced Silver & Gold skills and training habits
- 90% or higher attendance in practice and swim meets in prior swim season
- Academy Director's discretion
- must be 10 years old or younger for entire season

BASIC GOALS:

- side push off, streamline, kicks, starts, and turns (individual strokes and individual medley) performed regularly in practice and swim meets
- progress interval training and aerobic base training
- train and compete to be promoted to the Youth Program in the competitive stream