



### **Pacesetter Aquatics: Building Champions in and out of the Pool**

Pacesetter Aquatics offers a dynamic and supportive environment for swimmers to develop their competitive skills, whether they're just starting out or striving for top-tier performance. Established in 1990, our program has a rich legacy of nurturing swimmers to reach their full potential. With a commitment to excellence, we welcome athletes of all ages and skill levels—from children as young as 5 to high school swimmers and beyond.

Led by our experienced and passionate professional Coaches, our staff works tirelessly to create an atmosphere where swimmers thrive. Our philosophy is simple: SWIM FAST, HAVE FUN! We focus not only on developing technique and endurance, but also on fostering a love for the sport that will last a lifetime.




### **Training for Every Swimmer**

Our practice groups are thoughtfully structured through evaluations, with placement based on a combination of age, skill level, and individual progress. This ensures that each swimmer is in the group best suited to help them grow and improve. Whether a beginner or an advanced athlete, every swimmer has the opportunity to challenge themselves in a supportive and motivating environment.

### **Flexible Practice Locations and Schedules**

Our practice schedules and locations vary throughout the year to accommodate the needs of our swimmers. During the Fall/Winter and Spring seasons, practices are held at Jeffersonville High School. In the summer, we take advantage of the Jeffersonville Aquatic Center as well as Jeffersonville High School to ensure swimmers have the best environment for training.

### **New Swimmer Evaluations**

 **August 12th & 13th**  
 **Jeffersonville High School**  
 **5:30 – 7:00 PM**

Stop by on either evening for a quick in-water evaluation (5–10 min.). We'll guide you through registration there on the spot!  
Questions? Email [abbey@swimpace.org](mailto:abbey@swimpace.org)

**Fast is Fun, Fun is Good!**

## Practice Group Descriptions

Expectations	Elite	Pre-Elite	Gold	Silver	Bronze
Ages (@ EOY)	High School	11+	9+ (8 w/ Div. Cut)	6+	8u
Strokes	All	All	All	3 Of 4	2 of 4
Distances (EOY)	All	500 (1,650)	200 (500)	50 (200)	25 Free / 25 Back
Pace Work (50s)		10 @ 0:55 (0:45)	8 @ 1:20 (1:00)	5 @ 2:00 (1:30)	NA
Meets	All	All	All	Local	Home
Practices	6/Week	5-6/Week (2:00)	5/Week (1:30)	4/Week (1:00)	4/Week (0:30)
Attendance	5/Week	4/Week	3-4/Week	2-3/Week	2/Week
Cost (Per Month)*	\$155	\$120	\$100	\$85	\$65

\* There are also Annual and Meet Fee Costs that occur throughout the year.

Misc. Fees: Team Admin (\$125 annually per Family), USA Swimming Fee (\$85 annually per Athlete)

Meet Fees (Vary by meet typically \$6-8 Per Entry)

No Obligation: Pay as you go, No Long Term commitment. However we do ask for a 30 day notice to be given before pausing billing

Financial Help and discount opportunities: Email [abbey@swimpace.org](mailto:abbey@swimpace.org)

Yearly Goals	Elite	Pre-Elite	Gold	Silver	Bronze
Stroke	Gain Endurance to Race 200s of Stroke	Gain Endurance to Race 200s of Stroke	Gain Strength to Race all Strokes and Distances	Gain Strength to improve all Strokes	Gain technique and ability to swim all strokes
Clock	Holding intervals, speed control	Holding intervals, speed control	Get comfortable with Intervals and Sets	Learn how to read work outs and use a Pace clock	NA
Practice	Practice Management, Pacing, Thresholds, Stroke Enhancement	Practice Management, Pacing, Thresholds, Stroke Enhancement, Speed Variations	Practice Management, Speed Variation, Stroke Enhancement	Stroke Development, Stroke Enhancement, Speed Variation,	Technique, Drills, Stroke Development
Event Distance	Swim up to 1650, 200 per stroke	Swim up to 1650, 200 per stroke	Swim up to 500, 100 Per Stroke	Swim up to 200 Fr, 50 Per Stroke	Swim up to a 100
Meet Participation		Required	Away - Encouraged Local - Required	Away - Optional Local - Encouraged	Optional Home - Encouraged
Practice Schedule	M-F: 3:00p-5:15p Sat: 8:00a-10:00a	M-Th: 6:15p-8:30p Sat: 10:00a-12:00n	M-Th: 6:15p-8:00p Sat: 10:00a-12:00n	M-Th: 5:30p-6:30p	M-Th: 5:30p-6:00p