



AAAA Age Groups

AAAA Age Group Performance

Ages 9-12

This group combines endurance, stroke technique and a fun group environment to ensure that all participants make big improvements. Swimmers must be legal in the four competitive strokes and is interested in attending swim meets. The goal of this group is achieving District and Championship Times Standards.

AAAA Age Group Explorer

Ages 8-11

This group combines endurance, stroke technique and a fun group environment to ensure that all participants make big improvements. Swimmers develop the four competitive strokes, starts and turns while improving endurance through drills and kick work. Swimmers progress in skill and speed.

AAAA Shooting Stars

Ages 12 and under

Shooting Stars teaches the basic foundations for proper competitive swimming strokes while giving swimmers an introduction to practicing in a group environment. Coaches make learning fun! Coaches give specific technique feedback and work on stroke improvements, as well as swimming strength. Each class is :45 minutes.

AAAA Varsity

Middle School and High School Swimmers

An engaging team environment with a specific focus on training, endurance and speed. This is a good fit for multi-sport and middle or high school athletes. Varsity swimmers train to improve technique and efficiency in the competitive strokes and build strength through intervals and kick work. There is no pressure on attendance or meet attendance.

AAAA High Performance Groups

These groups are our highly competitive groups. Swimmers are trying to reach the highest level in their age group.

AAAA Middle School Performance

You must be in Middle School to be in this group. The summer before your 6th grade year- you may enter this group. This group of 6-8th graders are highly motivated and engaged in workouts and swim meets.

AAAA High Performance

You must be 13 years or older to be in this group. 80% Attendance is required. A goal meeting must be had prior to August 18th to be in this group. Parent(s) must be present during the meeting. The goal of this group is to compete and race at the highest level- Zones, Sectionals, Futures, Jr Nationals.