

Welcome to the Rhode Island Aquatic Club Pre Competition Program

We offer four 6 week sessions throughout the year

Session 1 Sept-Oct

Session 2 Oct-Nov

Session 3 March-April

Session 4 May-June

Swimmers will need to be evaluated prior to registering for classes. We will not offer make up practices. Swimmers need to be ages 5-9.

Pre Comp Level 1-Swimmers are required to be evaluated before signing up. Swimmers need to have the following skills:

- Float Unassisted for 10 seconds
- Swim 5-10 yards unassisted
- Basic understanding of freestyle arms

Swimmers accepted into Pre Comp Level 1 will be taught the following skills

- Freestyle arms
- Kicking on back
- Introduction to backstroke arms
- Introduction to Streamline

Pre Comp Level 2-Swimmers are required to be evaluated before signing up. Swimmers need to have the following skills:

- Swim 15 yards of unassisted freestyle w/ or w/o rotary breathing
- Kick on their back unassisted for 15 yards

Swimmers accepted into Pre Comp Level 2 will be taught the following skills

- Freestyle drills
- Backstroke drills
- Introduction to breaststroke
- Diving off the wall
- Treading water
- Introduction to Flip Turns
- Getting them ready to join the Age Group program of Rhode Island Aquatic Club

Email us at riaquaticclub@gmail.com for pricing, practice schedule, equipment, and evaluation dates. This session will be set to start on March 22, 2024 and continue until April 27, 2024.

www.riaquaticclub.com