

THE WAVE

GREAT SWIMMERS...GREAT FAMILIES



SWIM LESSONS

KEEPING CHILDREN SAFE

The City Swim Project is Buffalo, NY's one of a kind program. We are also one of USA Swimming's leading swim lesson programs and proud of it!

PRE-COMPETITIVE TEAM

NEXT STEP

This group of swimmers have excelled in our lesson program and are now taught the beginning basics of competitive swimming.

COMPETITIVE TEAM

CONGRATULATIONS

This group is our top group of swimmers and are considered the leaders of the program.

KEEP ON SWIMMING.....



Our lessons are broken into our (3-5 year olds) and then our Red, Yellow and Blue teams based off their ability.

Our competitive teams are broken into Pre-Competitive and Competitive.

All levels focus on skills that will keep them safe around the water.

Pre-Competitive team

Our goal with this group is to introduce them to a little more structure than what they had at the lesson level. We have many swimmers that show some signs of talent and we want to help them go as far as they want to go.

In July 2021, we will now be offering three practices each week. This group consists of our Green and Black teams.

These swimmers will be introduced to beginner level swim meets are our future leaders!



COMPETITIVE TEAM

Our competitive team is called the Buffalo TIDE. At our highest level, this group consists of the Bronze, Silver and Gold teams. Each team focuses on different skills to constantly make them stronger in the water as well as more confident.

Our swimmers have the opportunity to compete locally and/or regionally which gives them the ability to see and experience things in and outside of Buffalo, NY.

In July 2021, we will now be offering four days of practice each week. Our swimmers are getting faster and extremely confident each day at practice and are eager to show off their skills at swim meets throughout the year.

