

High School Groups 1 & 2 (HSG 1 & 2)

This group is for PDST swimmers or former PDST swimmers who like to retain their swim skills during the school year while attending the high school swim team. Practices will be held 3-4 times a week. There are 2 different levels within this group and practices are separated from HS1 to HS2. Certain qualifications and restrictions apply. Inquire for more info if interested.

HSG1:

- 12 or older required Practice with Reg group

HSG2:

- 14 or older required Practice with S.S group

