

# Rose Buds: 2023-24 Program

Rose Buds serves to transition swimmers from swim lessons to the competitive swim team. Swimming is a life-long family sport that is both fun and rewarding. Our coaches aim to instill a passion for the sport of swimming in all of our Rose Bowl athletes.

Level	Days	Times	Monthly Fees
Rose 1a	Mon/Wed/Fri	4:30-5:15p/4:30-5p/ 4:30-5:15p	\$170
Rose 1b	Tues/Thurs	4:30-5:15p	\$130
Rose 1c	Mon/Tue/Sat	4:30-5p/5:15p-6p/ 2:30-3:15p	\$170
Rose 1d	Tue/Fri/Sat	4:30-5:15p/4:30-5p/2:30-3:15p	\$170
Rose 2a	Mon/Wed/Fri	5:15-6p/4:30-5:15p/4:30-5:15p	\$250
Rose 2b	Mon/Wed/Fri	4:30-5:15p/5:15-6p/5:15-6p	\$250
Rose 2c	Tue/Th/Sat	5:15-6/4:30-5p/3:15-4p	\$215
Rose 2d	Tue/Th/Sat	4:30-5:15p/4:30-5p/ 3:15-4:00p	\$215
Rose 2e	Tues/Thurs	5:15-6p	\$165
Rose 3a	Mon/Wed/Fri	5:15-6p/4:30-5:15p/6-7p	\$243
Rose 3b	Mon/Fri/Sa	5:15-6p/6-7p/4-4:45p	\$243
Pre Team 10&under.	T/W/Th/F	6-7p/5-6p/5-6p/5-6p	\$250
Pre-Team 11/12	M/W/Th/F	6-7p	\$290
Pre-Team 13/14y	M/T/W/Th	6-7p	\$290

Swim tryouts are Tuesdays & Wednesdays at 3:00p.  
 If you cannot make it to the above time, contact Coach Jeanette at  
[jmacdougall@rosebowlaquatics.org](mailto:jmacdougall@rosebowlaquatics.org)

## **Group Requirements and Descriptions**

Minimum age 5yrs.

### **Rose 1: Age 5y. Swimmers must be able to swim 25y without stopping.**

Swimmers learn water safety skills in and out of the pool. The focus is to become comfortable in the water. Skills such as kicking all 4 strokes, side breathing, learning body and head position and balance in the water are some of what's taught. To move to Rose 2, swimmers need to be able to do all skills consistently well and independently of the instructor.

### **Rose 2: Ages 5y. Swimmers must be able to swim 25 yards of Freestyle without stopping and 25 yards of Backstroke without turning over onto their stomach.**

The primary focus will be placed on teaching all 4 strokes through the use of drills. Swimmers will practice the kicks for all strokes. Progress in this group will be measured on refining technique in breaststroke and butterfly kick and freestyle and backstrokes. Swimmers learn to swim 25 yards Butterfly and Breaststroke with the understanding of how the arms and legs move for each of those strokes. The primary focus will be placed on teaching skills and drills for all strokes. Progress in this group will be measured on refining technique and not on speed in the water.

**Rose 3: Ages 5y.** The primary focus is learning how to execute legal stroke turns, IM turns, and dives. Progress in this group will be measured on refining their technique in all aspects of turns, back and front starts. We will use the USAS dive progression to ensure safety in learning and practicing all dives.

### **Rose Pre Team 10 & Under: Ages 5y. Swimmers practice swimming all four strokes legally.**

Training will emphasize refining and perfecting technique of all 4 competitive strokes simultaneously to develop an aerobic base. Progress in this group will be measured by proper technique and safely executing front and back starts and complete practice sets on specific intervals.

Swimmers need to demonstrate consistency in the drills and skills for each stroke before moving to the next group. We also take into consideration each swimmer's readiness emotionally, socially, maturity and motivation.

### **Rose Pre Team 11/12y. Swimmers practice swimming all four strokes legally.**

Training will emphasize refining and perfecting technique of all 4 competitive strokes while simultaneously developing an aerobic base. Progress in this group will be measured by proper technique and safely executing front and back starts, and complete practice sets on specific intervals. Swimmers need to demonstrate consistency in the drills and skills for each stroke before moving to the next group. We also take into consideration each swimmer's readiness emotionally, socially, maturity and motivation.

### **Rose Pre Team 13/14yr. Swimmers practice swimming all four strokes legally.**

This group will focus on learning proper front and back starts and turns. Training will emphasize refining and perfecting technique of all 4 competitive strokes while simultaneously develop an aerobic base. Progress in this group will be measured by proper technique and safely executing front and back starts, complete practice sets on specific intervals. We also take into consideration each swimmer's readiness emotionally, socially, maturity and motivation.