

Anaheim Aquatics Association Chart Progression

Group Level	Requirements	Age	Time Standards	Workouts/Week	Swim	Skill Checklist
White 1	<ul style="list-style-type: none"> Swim 25 yards freestyle and backstroke with legal form Can somersault in the water Can hold a streamline Attend swim meets at least one day per month 	5-10	Coaches Approval	4 Workouts M-S (minimum of 2 recommended)	60 minutes	<ul style="list-style-type: none"> Streamline underwater free kick Able to streamline underwater with dolphin kicks Bi-lateral breathing for freestyle and understands basic drills Flip turns (free and back) Perform legal finishes Dives from side or block
White 2	<ul style="list-style-type: none"> Can swim 4-50 freestyle and 4-25 back ,breast and fly legally Can complete a freestyle flip turn Bi-lateral breathing for freestyle Attend swim meets at least one day per month 	7-10	Coaches Approval	4 Workouts M-S (minimum of 3 recommended)	60 minutes	
White 3	<ul style="list-style-type: none"> Can swim the four strokes legally, with flip turns and without stopping for at least 50 yards Knows backstroke flag count Executes starts from the diving blocks and hold a streamline Attend swim meets, both days 	8-11	Coaches Approval	6 Workouts M-S (minimum of 4 recommended)	75 minutes	<ul style="list-style-type: none"> Able to swim all four strokes legally Swim a legal IM Knows breaststroke pull downs Knows Backstroke flag count Knows basic drills Performs legal starts and finishes Knows not to breathe on breakouts and performs proper turns at each wall
White 4	<ul style="list-style-type: none"> Can swim 16-50 freestyle and 8-50 back, breast and fly legally Performs legal turns in all four strokes Swim all four strokes legally and have three SCS "Nat B" times in at least 3 different strokes Attend swim meets, both days 	9-12	3 "Nat B" Standards(at least 3 different stroke)	6 Workouts M-S (minimum of 5 recommended)	75 minutes	

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Red	<ul style="list-style-type: none"> Swim the four strokes legally and have 5 SCS "Nat B" times in at least three different strokes Motivated to swim fast and must come to practice prepared everyday with all equipment Can swim 12-100 free on 1:40 min Shows proficiency on turns/underwater swimming Shows proficiency on starts Works to improve strokes and improve in races Keep track of their times Attend swim meets, both days 	11-13	5 "Nat B" standards(at least 3 different strokes)	6 Workouts M-S (minimum of 4 required) 90% Recommended -Must attend 3 of the 4 morning Sat practices -Must be in pool at 5:30 sharp.	105 minutes	<ul style="list-style-type: none"> Able to swim all four strokes legally Swim a legal IM Dives from blocks/racing starts Proficient in open turns/ knows proper finishes Does not breathe on breakouts and properunderwater technique for each stroke Reads pace clock and can get their times Able to swim multi-sets with pace clock Push off walls underwater while exemplifying streamline

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Blue	<ul style="list-style-type: none"> Swim the four strokes legally and have 3 SCS "Nat BB" times in at least 3 different strokes Able to swim multi-sets with pace clock Can swim 20-100 free on 1:20 min Shows proficiency on turns and starts Incorporates drills with swimming Motivated to swim fast and must come to practice prepared everyday with all equipment Keep track of their times Attend swim meets, both days 	12&UP	3 "Nat BB" standards(at least 3 different strokes)	6 Workouts M-S (minimum of 5 required) 100% Recommended -Must attend 3 of the 4 morning Sat practices -Must be in pool at 5:30 sharp.	120 minutes	<ul style="list-style-type: none"> Able to swim all four strokes legally Dives from blocks/racing starts/known proper finishes Able to swim multi-sets with pace clock Able to make changes to technique Understands body position/balance in the water Understands changing pace/speed adjustment Keeps track of their times/understands drills and can perform properly
Senior	<ul style="list-style-type: none"> Swim the four strokes legally and have three SCS JAG/JOs times in at least 2 different strokes Able to swim multi-sets with pace clock Can swim 20 -100 free on 1:10 min Shows proficiency on turns and starts Incorporates drills with swimming Motivated to swim fast and must come to practice prepared everyday with all equipment Keep track of their times Attend swim meets, both days 	14&UP	3 JAG/JOs standards(at least 2 different strokes)	6 Workouts M-S (minimum of 6 required) 100% Recommended -Must attend 4 of the 4 morning Sat practices -Must be on deck at 5:00 sharp.	135 minutes	<ul style="list-style-type: none"> Able to swim all four strokes legally Dives from blocks/racing starts/known proper finishes Able to swim multi-sets with pace clock Able to make changes to technique Understands body position/balance in the water Understands changing pace/speed adjustment Keeps track of their times/understands drills and can perform properly