



Group Info and Pricing 2023

Groups are available for all ages and abilities. DART coaches will work with swimmers and families to assign each individual to the most appropriate group.

Developmental Groups

These groups are for all ages and abilities. Swimmers can attend as many practices that work with their schedules. Swimmers are encouraged to attend swim meets and events.

***Intro To Team**

\$60 per month

This is our introductory swim team group. Swimmers must be able to swim 15 yards of freestyle without stopping. This is a seasonal group. Two practices are offered per week.

Beginner

\$95 per month

Must be able to swim 25 yards of Freestyle with side breathing, 25 yards of backstroke and 25 yards of flutter kick with a kickboard. Swimmers must also be comfortable in a deep pool without a coach in the water and be able to swim without holding lane lines. Four practices are offered per week.

Yellow

\$105 per month

Must be able to swim 50 yards of freestyle with side breathing, 50 yards of backstroke, 50 yards of flutter kick, and have knowledge of breaststroke and butterfly. Four practices offered per week.

Blue

\$115 per month

Must be able to swim 100 yards of freestyle with side breathing, 100 yards of backstroke and must have proficiency in breaststroke and butterfly. Four practices offered per week.

Age Group Performance Groups

These groups are for 8 and older who have chosen swimming as a competitive sport. Swimmers include year only swimmers as well as those who participate in more than one sport. There are attendance and swim meet participation requirements for these groups.

Age Group 1

\$165 per month

This is our introductory performance group for 9-11 year olds. Swimmers must average at least 3.5 practices per week, swim meets and have goals to progress into Age Group 2.

- Swimmers must be able to swim a 200 IM as well as a 100 of each competitive stroke.
- Swimmers must be able to swim 10x10 on 2:00/kick 10x100 on 3:00

Age Group 2

\$170 per month

This is our performance group for 11-14 year olds (middle school.) Swimmers must average at least 3.5 practices per week, swim meets and have goals to progress into the Senior 2 or National Development group in the future.

- Swimmers must be able to swim a 400 IM as well as a 100 of each competitive stroke.
- Swimmers must be able to swim 10x10 on 1:45/kick 10x100 on 2:40

Senior Groups

These groups are for high school age swimmers who have chosen swimming as a competitive sport. A senior fit group MAY be offered in the winter of 2023.

Senior

\$175 per month

Swimmers are 14 and older. This group is for high school aged athletes who want to improve in the sport of swimming. Swimmers will focus on participation, goal setting, technique and fitness. Practices are offered six days a week. Swimmers in this group include year round swimmers as well as multi-sport athletes. On-site dryland will be offered two days a week.

- Swimmers must be able to swim a 200 IM as well as a 100 of each competitive stroke.

National Development

\$220 per month

Swimmers are 14 and older. This is the highest level in our program. meet, practice and attendance requirements are required. Swimmers have chosen swimming as their primary sport on a year round basis. Practices are offered six days a week (2 times per day twice a week.) Dues include Pinnacle Fitness gym workouts (2 times per week.)

- Swimmers must be able to swim a 400 IM as well as a 200 of each competitive stroke.
- Swimmers must be able to swim 20x10 on 1:20/kick 16x100 on 1:45

American Canyon Only Groups

American Canyon practices are offered two days a week starting on September 7. These groups include Age Group 1, Age Group 2, Senior and National. Practices are included on the schedule as "American Canyon."

DART Coaches may move swimmers to groups outside of the age ranges listed above if they feel that it is in the best interest of the development of the swimmer.

USA Swimming Registration

All swimmers who participate on DART must register with USA Swimming within their first 20 days of membership. DART coaches will send information to new swimmers when they register for the team. Flex and Premium USA Swimming memberships are available-more info will be available in our team handbook.