

Training Group Descriptions

Requirements to Join the Vacaville Waves Year Round Program

Grades K-5: Must be able to complete 25 yards of freestyle with side breathing 25 yards of backstroke, and some skill development in butterfly and breaststroke along with ability to kick a 50 of flutter kick.

Grades 6-8: Must be able to complete 50 yards of freestyle with side breathing, and have proficiency in backstroke, breaststroke and butterfly along with ability to kick 100 yards of flutter kick.

Grades 9-12: Must have a solid foundation in all four strokes and be able to complete a 100 yards of freestyle along with ability to kick 100 yards of flutter kick.

Groups:

Senior 1

Senior 2

Senior Prep

Age Group 1

Discovery 1

Age Group 2

Discovery 2

Age Group 3

Discovery 3

Intro to the Swim Team