

2025-2026 OSHY Practice Groups and Fees

(sibling discount 2nd swimmer 5%, 3rd and additional 10%)

Group Name	Description	Age	Prerequisites	Practices Offered	Practice Attendance Expectations	Swim Meet Participation	Equipment Needed	Fee
Dolphin 3 (D3)	This group is for the youngest and newest swimmers and is the entry level for 8 & under	8 & under	Swim 25 yards (one length of the pool)	Afternoons 2 times per week for 30 minutes	None	Home meets and low key away meets close to home	Kickboard and fins	\$30/month \$342/annual pay in full
Dolphin 2 (D2)	This group is the next step after D3 or the entry level for younger swimmers learning the basics of competitive swimming. This group will work on developing strength and endurance.	Elementary & Middle School	- Swim 8x25 on 1:00 w/fins - Kick 8x25 on 1:00 w/o fins - Swim 4x50 on 1:30 w/fins	Evenings 4 times per week for 45 minutes	Attend 2-3 times per week	Home meets and low key away meets close to home	Kickboard and fins	\$48/month \$552/annual pay in full
Dolphin 1 (D1)	This group is OSHY's most advanced group for younger swimmers.	Elementary & Middle School	- Legal in 4 strokes - Read the clock and lead intervals - Swim 6x50 free on 1:00 - Swim 12x25 IM or order on 40 - Kick 6x50 on 1:20	Evenings 5 times per week for 75 minutes	Attend 3-4 times per week	Home meets, low key away meets, and championship meets for those who qualify	Kickboard, fins, center mount swim snorkel, pull buoy, small hand paddles	\$90/month \$1026/annual pay in full
Senior 3 (SR3)	This group is for swimmers that have advanced in, strength, and skill development.	Middle School & High School	- Swim 10x100 on 2:00 - Kick 10x100 on 2:20	Evenings 4 times per week for 90 minutes and once per week for 120 minutes	Attend 3-4 times per week	Home meets, low key and bigger away meets, and championship meets for those who qualify	Kickboard, fins, pull buoy, paddles, swim snorkel, drag socks/power socks	\$104/month (no fees Sep/Oct for girls or Nov/Dec for boys swimming for their high school team) \$1188/annual pay in full \$990/annual pay in full if swimming for high school team
Senior 2 (SR2)	This group is the top practice groups for older swimmers. This group is the same as Senior 1 (SR1) but <u>does NOT include two week-day morning practices.</u>	Middle School & High School	- Swim 20x100 on 1:30 - Kick 10x100 on 2:00	Evenings 5 days per week and Saturday mornings for 120 minutes	Attend minimum of 4 times per week	Home meets, low key and bigger away meets, and championship meets for those who qualify	Kickboard, fins, pull buoy, paddles, swim snorkel, drag socks/power socks	\$122/month (no fees Sep/Oct for girls for Nov/Dec for boys swimming for their high school team) \$1322/annual pay in full \$1101/annual pay in full if swimming for high school team
Senior 1 (SR1)	This group is the top practice groups for older swimmers and is the same as Senior 2 (SR2) but <u>includes two week-day morning practices.</u>	Middle School & High School	- Swim 20x100 on 1:30 - Kick 10x100 on 2:00	2 weekday mornings for 75 minutes, evenings 5 days per week and Saturday mornings for 120 minutes	Attend minimum of 5 times per week (Tuesday/Thursday AM are required to be in the this group)	Home meets, low key and bigger away meets, and championship meets for those who qualify	Kickboard, fins, pull buoy, paddles, swim snorkel, drag socks/power socks	\$152/month (no fees Sep/Oct for girls or Nov/Dec for boys swimming for their high school team) \$1653/annual pay in full \$1377/annual pay in full if swimming for high school team