



TEAM LEVELS

CORAL

Ages:
5 to 10 years

Practice Time:
Mondays | 5:30 to 6:30 PM

Dive Practice:
Once a month

Description: Entry-level swim team group for swimmers who have just completed swim lessons or are new to swim team. Focus is on developing proper stroke technique and building endurance.

Requirements:

- Must be able to swim 25 yards (the full length of the pool) without stopping.
- Compete in Freestyle and Backstroke only



SAPPHIRE

Ages:
7 to 11 years

Practice Time:
Wed & Thu | 5:30 to 6:30 PM

Dive Practice:
Twice a month

Description: Designed for swimmers with some prior team experience who are ready to build strength, endurance, and technique in multiple strokes.

Requirements:

- Must be able to swim Freestyle and Backstroke for 25 yards
- Compete in Freestyle, Backstroke, and Breaststroke



MIDNIGHT

Ages:
9 & Older

Practice Time:
Tuesdays | 5:30 to 6:30 PM
Thursdays | 6:45 to 8:00 PM

Dive Practice:
Twice a month

Description: Intermediate-level group for swimmers who can perform multiple strokes and are ready to learn all four competitive strokes in greater detail.

Requirements:

- Must be able to demonstrate Freestyle, Backstroke, and Breaststroke
- Will begin learning Butterfly and refine all strokes or 25 yards Compete in Freestyle, Backstroke, and Breaststroke



ONYX

Ages:
9 & Older

Practice Time:
Mon, Tue & Wed | 6:45 to 8:00 PM

Dive Practice:
Twice a month

Description: Advanced-level team for experienced swimmers who are confident in all four strokes and ready to train for competitive events and relays. Focus is on speed, endurance, and racing skills.

Requirements:

- Must know all four strokes (Freestyle, Backstroke, Breaststroke, Butterfly)
- Relay-ready swimmers

