

Swim Club Levels explained

Development Groups

Red Group

- Can swim 50m free, back, breast/25m fly.
- Maturity to handle 1 hour
- 4 advanced drills per stroke

Blue Group

- Introduction of Aerobic Sets up to 100m. Legal strokes
- 4 advanced drills per stroke

Performance Groups

Bronze Performance

- Has competed in Club Meets. Maturity to handle 1.5-hour training
- 50m free under :50
- 4 Advanced performance drills per stroke

Silver Performance

- Has competed outside of Club Meets
- Maturity to handle more intensive training
- 50m free under :43. 100 IM under 1:55
- 4 Advanced performance drills per stroke

Gold Performance

- Maturity to handle 3000m+ / 1.5 hour sessions
- Can swim 6 x 100's @ 2:00
- Under 37 in 50m free. 100 IM under 1:40
- 3x per week minimum. Can be combined with some school programs.
- 4 Advanced performance drills per stroke

Senior Performance

- Maturity to handle 4000m+ / 1.5 hour sessions
- Can swim 6 x 100's @ 1:30
- 100 Free under 1:07. 200 IM under
- 3x per week minimum. Can be combined with some school programs.
- 4 Advanced performance drills per stroke