

COR Swimming Practice Groups

PRE-COMPETITIVE GROUPS

Swim School

Ages 3 and up, for learn-to-swim up to kids trying to make our competitive team
Booked in sessions consisting of 30 minute group lessons
Swimmer to Instructor ratios of 1 to 1 up to 3 to 1 depending on group & ability
Roughly \$25 per lesson, schedules and sign up information to follow

Jumbos

Ages 5 and up, for strong recreational swimmers who need to learn the basics of the 4 competitive strokes. "Jumbos" are booked in sessions. Each session consists of 12 practices, 45 minutes per practice. \$200 for the full session. There is also the up front USA Swimming registration fee for the 1st session attending. All subsequent sessions are simply the session fee. Most swimmers need 2 to 5 sessions before being ready to advance.

COMPETITIVE GROUPS

Up Front Fees USA Swimming Registration, \$100 & Team Membership Fee, \$250/\$125 (1/2 year)

Minnows

Our first competitive group. Swimmers should know the basics of freestyle, backstroke, breaststroke and butterfly, while continuing to develop techniques. This group is eligible for local swim meets (about 1 per month). We offer 3 practices per week for 1 hour each. We like the swimmers to attend at least 2 of those practices, but the more the better.

Piranhas

Our 2nd level competitive group. Piranhas will continue to develop their techniques while being introduced to basic interval training and test sets. We offer 4 practices per week for 1 hour 15 minutes each. We like the swimmers to attend at least 2 times per week, but the more they can attend the better. Primarily 11 and under.

Sharks

Ages 8 to 12, our top 8-10 year old group and 2nd highest 11-12 year old group. We offer 5 practices per week, typically 1 hour 30 minutes up to 1 hour 45 minutes. We like the swimmers to attend at least 3 practices per week but strongly encourage attending as many as possible.

Dolphins

Ages 10-12, our top 11-12 Group and state ranked 10 year olds. We offer 6 practices per week from 1 hour 45 minutes up to 2 hours per practice. Dolphins should make a minimum of 4 practices per week, but perfect attendance is strongly encouraged. Local, state and nationally ranked swimmers in this group. Dolphins work toward "BB", "A", "TAGS", "Zones" & "Sectionals" times.

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Senior Prep

Ages 13 & up. For developing 13 and over swimmers who have legal freestyle, backstroke, breaststroke and butterfly. This group works to prepare swimmers for competing in the 13-14 and 15-18 age groups. This group also helps to prepare swimmers for middle school / high school teams or compliments their high school team training. We offer 5 practices per week for 1 hour 45 minutes up to 2 hours depending on strength conditioning days.

Senior 2

Ages 13 & up. For swimmers working toward "TAGS", "Sectionals" & "Futures" time standards. This group is our top 13-14 group and 2nd highest 15-18 group. Swimmers in this group are committed to competitive swimming and are working toward advancement to our Senior Gold level. We offer 6 practices per week and expand that to include a few mornings in the Spring. Perfect attendance or near perfect attendance is strongly encouraged.

Senior Gold

Ages 14 & up. Gold represents the top level of swimmers on COR. We have State, Nationally and World ranked swimmers in this group. Swimmers work to achieve Sectionals, Futures, Junior National & National level times. They are also working to achieve collegiate scholarships and National team / National Meet selections. Perfect attendance is expected at this level.

