

Russell Mill 2018 Swim Team/Lessons Descriptions

With the continued growth of both the swim team and lesson programs, we are changing the swim team practices to be based more on ability rather than age. This will allow the coaches to provide better, and more appropriate instruction to your child. Having swimmers placed into practice groups based on ability will allow them to start where they are and progress with those they practice with throughout the season. Our hope is that swimming with swimmers at their same ability level will encourage swimmers and allow them to make significant progress in our short 8-week season.

Blue II (7:30-9:00)

This practice is designed for experienced High School swimmers, most 13 and over swimmers, some 11 and 12 year old swimmers and swimmers who swim year round. These swimmers should know all four strokes. The younger swimmers in this practice group would be at the top of their respective age group. Swimmers are also expected to have the endurance to swim for 90 minutes and swim at least 4,000 yards.

Blue I (9:00-10:15)

This practice is designed for 11 and 12 year old swimmers, some inexperienced 13 and 14 year olds and some 9 and 10 year olds who are typically year round swimmers. All swimmers should have a basic understanding of all four strokes. Fine tuning technique and race strategy would be a major focus of this practice group.

White II (10:15-11:00)

This practice is designed for 7 to 10 year old swimmers and 11 and 12 year old swimmers who are new to the sport. Typically, those younger swimmers who are a part of this practice group would swim year round or be at the top of their respective age group. All swimmers in the practice group should have a basic understanding of all four strokes. Swimmers would also learn the basics of how to start and finish a race well.

White I (11:00-11:30)

This practice is designed for mostly 7 and 8 year olds and some 9 and 10 year olds who, typically, are new to the sport. Swimmers in this practice group would still be progressing toward swimming all four strokes legally, often having mastered freestyle and backstroke. Some experienced or year round 6 and unders may participate in this age group.

6 and Unders (11:30-12:00)

This practice would be the same as it always has. Almost all 6 and unders would participate. Older swimmers and some coaches will get in the water with this group and get them comfortable swimming freestyle and backstroke, how to start and finish a race and enjoying a team atmosphere.

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2018 Swim Lesson Description Changes

- Preschool (formerly known as Tiny Tot) is geared for swimmers age 3+ as of July 1st who cannot touch the ground in the 3ft. This class is scheduled to be a 5:2 ratio. Once a swimmer can touch the bottom of the 3ft, we kindly ask if they move to Level 3.
- Mommy and Me Class: Friday 11:00-11:30; 11:30 - 12
 - This class is designed for non-independent swimmers 2 years and under
 - This class will be run by 1 instructor
 - This class requires that a parent go into the water with the swimmer and follow the lead from the instructor