

SUMMER 2009 GROUP DESCRIPTIONS

Fishes	swimmers between the ages of 5 and 8 who are new to the team or who are returning and can't do all 4 strokes yet
Dolphins	advanced 7 - 8 swimmers plus new 9-10 swimmers
Sharks	returning 9 - 12 year old swimmers
Silver	club swimmers who train year-round from 6:00 to 7:15
Gold Group	13 and older swimmers
Select Group	13 and older advanced swimmers

****Evening workout is only for : Select, Gold, and Shark swimmers. Any other swimmer who wishes to attend must get approval from Coach Cynthia**