

HRCA SWIM PROGRESSIONS



LEARN TO SWIM (Ages 9 months - Adult)

Starfish Aquatics, an internationally certified program, emphasizes age-appropriate lessons focusing on water confidence and self-survival skills that lead to stroke technique and endurance in the water, while participating in a positive and fun program. *All lessons are 30 minutes.*

Infant | Toddler (Ages 9 months - 2 years)

Star Tots

Enroll: Beginner level for adult caregiver and child. Children not yet potty trained must wear a swim diaper.

Focus: Parent and child explore in the water together, learning water safety and basic skills to help child develop comfort and confidence.

Preschool Swim School (Ages 3 - 5)

Pre-K Swim I - White and Red

Enroll: Beginner level, comfortable in water without parent.

Focus: Develop water safety skills, submersion, front and back floating positions, air exchange, rollover floats, and kicking.

Pre-K Swim II - Yellow, Blue, and Green

Enroll: Complete all skills in Pre-K Swim I White & Red, or able to fully submerge unassisted, front and back float unassisted, roll front to back and back to front float.

Focus: Water safety skills, front and back streamline with kick, rollover float and return to wall, kick and pull-on front and back, intro to side breathing.

School Age Swim School (Ages 6 - 12)

Youth Swim I - White and Red

Enroll: Beginner level, comfortable in three feet of water without the parent.

Focus: Develop water safety skills, submersion, front and back floating positions, air exchange, rollover floats, and kicking.

Youth Swim II - Yellow, Blue, and Green

Enroll: Complete all skills in Swim I White & Red or able to fully submerge, front and back float unassisted, roll front to back and back to front unassisted.

Focus: Front and back streamline with kick, rollover floats and return to wall, beginning freestyle and backstroke, intro to side breathing, treading water.

School Age Stroke School (Ages 6 - 12)

Youth Stroke I - White and Red

Enroll: Complete all skills in Swim II, or able to slide glide, swim beginner freestyle with side breathing 10-yards, and tread water for 30-seconds.

Focus: Freestyle and backstroke development technique to competently swim both strokes with consistent form.

Youth Stroke II - Yellow, Blue, and Green

Enroll: Complete all skills in Stroke I White & Red or able to swim freestyle and backstroke 10-yards with consistent form.

Focus: Introduction and competency in butterfly and breaststroke, continue technique and endurance all strokes, open and flip turns, treading water.

Teen | Adult (Ages 13 - Adult)

Enroll: Must be comfortable in the lap pool in water 4-feet or deeper with face in the water.

Focus: Learn basic water safety skills, floating, kicking, and gliding on front and back; beginner freestyle with side breathing and backstroke.



YOUTH COACHED AQUATICS (Ages 6-18)

Swimmers develop the skills needed for a life-long enjoyment of swimming by teaching competitive swim skills including all four competitive strokes, diving, turns, and water safety in a swim team environment. Racing suits for girls and Jammer suits for boys are recommended. New participants are evaluated on the first day. Summer Swim Team evaluations will be held in April & May for new swimmers ONLY.

Seahawks Intro (ages 6+) 45-minute practices

Enroll: Complete Stroke II Green level at HRCA or able to swim 25yds freestyle with side breathing, 25yds backstroke, and know 10yds breaststroke & butterfly.

Focus: Mastery of free, back, and deck dives. Prepare for a 60-minute swim team workout, breaststroke & butterfly kicks. Timed 50yd free and back in 1:15.

Seahawks Intermediates (ages 7+) 60-minute practices

Enroll: Completion of Intro or Swims a 60-minute swim team workout including 25yd butterfly and 25yd breaststroke. Timed 50yd free in 1:15

Focus: Mastery of butterfly, breaststroke, and building endurance in all four strokes. Timed 100yd free in 2:00 using flip turns.

Seahawks Juniors (ages 8+) 60-minute practices

Enroll: Completion of Intermediates or Swims a 60-minute swim team workout including 25yd butterfly and 25yd breaststroke. Timed 100yd free and back in 2:00.

Focus: Mastery of all four competitive strokes, competitive dive starts from block, and flip turns. Timed 100yd freestyle and 100yd IM in 1:50.

Seahawks Seniors (Ages 10+) 60-90-minute practices

Enroll: Completion of Juniors or demonstrates competitive swim strokes in a 100 IM (1:50), 100 Free (1:50), and ability to complete a 90-minute swim team workout.

Focus: Mastery of all four competitive strokes to USA Swimming standards including block starts, turns, underwater pull-outs, and relays. Workouts are designed to build endurance in a swim team environment. Timed 100yd Freestyle and 100yd IM 1:40.

Seahawks Elites (Ages 12+) 90-minute practices (Three days per week)

Enroll: Completion of Seniors or Coach recommendation. Demonstrates all four competitive strokes to USA Swimming standards including starts, turns, underwater pull-outs. 100 Free @ 1:25

Focus: Practices at the Elite level focus on drills and sets designed to improve speed and endurance. Swimmers should be able to complete 10 x 100 FREE at a 1:50 interval and a legal 200yd IM. Swim fins are required for practice.

Seahawks Summer Swim Team (Ages 6-18) 60-minute or 90-minute practices

Enroll: Completion of Intro or Swims a 60-minute swim team workout including beginner butterfly and breaststroke. Timed 50yd swim: 25yd freestyle and 25yd backstroke in 1:15.

Focus: Practices build endurance, improve stroke technique, and encourage fun and friendships in a competitive summer swim team environment.

To Sign up visit:



[HRCAonline.org/Swim](https://www.hrcaonline.org/Swim)



Private lessons 720-348-8220