

HDAC Swim Team Groups

Here is some quick information about each group we offer. For more information and pricing, please see our current [Catalog](#).

Red Group

- Beginner level swimmers generally ages 6-9 years old
- Pre-requisite: Ability to swim 25 yards (one length of the pool) freestyle, backstroke, and breaststroke and some knowledge of butterfly
- Practices Mondays/Wednesdays, Tuesdays/Thursdays, or Monday-Thursday
- 5:00pm-5:30pm

White Group

- Beginner to intermediate level swimmers generally ages 8-10 years old
- Pre-requisite: Ability to swim 50 yards (two lengths of the pool) of freestyle, backstroke, and breaststroke, and 25 yards of butterfly.
- Practices Mondays/Wednesdays, Tuesdays/Thursdays, or Monday-Thursday
- 5:30pm-6:15pm

Blue Group

- Intermediate level swimmers generally ages 9-12 years old who are interested in improving their swimming ability, both fitness level and form.
- Pre-requisite: Ability to swim 100 yards (4 lengths of the pool) of freestyle 50 yards backstroke and breast stroke and 25 yards of butterfly
- Practices Mondays/Wednesdays, Tuesdays/Thursdays, or Monday-Thursday
- 6:15pm-7:00pm

Bronze Group

- Intermediate to advanced level swimmers generally ages 10-13 years old. Swimmers are encouraged to participate in summer dual meets and may participate in USA meets year round.
- Pre-requisite: Swimmers must be comfortable swimming 100 yards (4 lengths of the pool) of freestyle, backstroke and breaststroke and 50 yards butterfly.
- Practices Mondays-Thursdays
- 7:00pm-8:00pm

Silver Group

- Advanced level swimmers generally ages 12-15 years old who love the water. This group works on improving form, endurance, speed and fitness. Swimmers are encouraged to participate in summer dual meets and may participate in USA meets year round
- Pre-requisite: Able to swim 200 yards freestyle, Backstroke and breaststroke and 50 yards of butterfly.
- Practices Mondays-Thursdays
- 7:00pm-8:15pm

Gold Group

- Advanced high school level swimmers generally ages 13-18 years old
- Practices Mondays-Thursdays
- 7:00pm-8:15pm