

## FREETOWN-LAKEVILLE WARRIORS SWIMMING 2009-2010 Practice Groups & Schedule

**Blue Group** – Our introductory group encompasses new or inexperienced swimmers (usually 10 & under) as well as developing swimmers (ages 8-12)

**Blue I** – This level serves as an introduction to the sport of swimming for new and inexperienced swimmers ages 10 & under. Participants should have had success in upper level learn to swim programs and be able to swim the length of the pool on back and front with some understanding of breaststroke kick and timing. This group will practice 2 days a week.

**Blue II** – Swimmers ages 8-12 with little competitive background who are stronger in the water but still need competitive experience and stroke instruction. This group has the option of swimming 3 days a week.

**White Group** – This group is designed for the more experienced swimmers ages 10-14. Swimmers have a number of years of experience and are capable of swimming all four competitive strokes with confidence.

**White I** – These swimmers are transitioning from developmental swimming into more dedicated training and competition. *Swimmers at this level are encouraged to practice 3 days per week.*

**White II** – Swimmers ages 10 and over who have several years experience and training and are ready to make a bigger commitment to the sport of swimming. *These swimmers are encouraged to attend 4 days of practice.*

**Red Group** – This group serves experienced and dedicated swimmers who have made a decision to pursue the sport of swimming seriously. *Red Group swimmers are expected to attend practice at least 4 days a week.*

**Red I** – This group is designed especially for high school swimmers who will focus on preparing for their high school season and have not yet committed to swimming in the spring.

**Red II** – The Red II Group is committed to pursuing excellence in swimming. This group trains 5 days a week (mandatory) with an option for 6 days. The goal of this group is to reach the highest attainable qualifying standard.

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Practice Group(s)	Time	Practice Group(s)	Time	Practice Group(s)	Time	Practice Group(s)	Time	Practice Group(s)	Time	Practice Group(s)	Time
Blue I	5:30-6:30	White I & II	5:30 - 7:00	Blue I	5:30-6:30	White I & II	5:30 - 7:00	Blue I & II	4:30-5:30	Red I & II	TBA
Blue II	6:30-7:45	Red I & II	5:30 - 7:30	Blue II	6:30-7:45	Red I & II	5:30 - 7:30	White I & II	4:30 - 6:00		
White II	6:30-8:00			White II	6:30-8:00			Red I & II	4:30-6:30		
Red I & II	6:30-8:00			Red I & II	6:30-8:00						

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**WARRIORS**  
**SWIMMING**