

# Orange Group

---

## Prerequisites

- No previous swimming experience is required
- Ages 4 – 18 years

## Overview

This is an entry-level competitive program with swimmers no younger than 4 years of age. Our coaches will concentrate on developing the swimmer's basic skills needed to move up to the next group. Swimmers must be able to swim comfortably on their back as well as demonstrate an over-arm stroke with their face in the water eyes open. All new swimmers are initially assigned to the Orange group to be evaluated for placement in the appropriate skill level group.

It is better to start here and have a comfortable introduction to the team than start in a group that may be too difficult for them. With the younger swimmers, expect some crying until they get used to the instructors and the facility.

## Skill Development

- Master rotary breathing 25 yards
- Introduced to bi-lateral breathing
- Master a legal backstroke 25 yards
- Introduced to Butterfly kick and arm movements separately 25 yards
- Introduced to Breaststroke kick and arm movements separately 25 yards
- Introduced to swimming patterns
- Introduced to competition

No goggles, this is a safety issue. The swimmer needs to learn to swim with their eyes open so they can find the wall or other point of safety. If this skill is not learned, the swimmer may panic if they fall into the pool without goggles, the goggles leak, or fall off during entries.

## Progression

After successfully demonstrating Orange level skills swimmers move on to the White group.