



BRONZE 1



Bronze 1 is for swimmers ages 6 - 12.

This group introduces swimmers to year round swimming. Swimmers will learn key drills and technique for all the four competitive strokes in addition to turns, racing starts, and practice basics. They are expected to attend one swim meet each season and are encouraged to attend 3 practices each week.

Group Requirements

- Pass our Intermediate level in Stroke School or move over from Swim Fitness
- Swim a 25 yards of each of the four competitive strokes legally
- Do a standing dive from the side of the pool
- Do a Freestyle flipturn

Mandatory Equipment

Swim Bag, Goggles, Cap, Kickboard, Fins, and a Competitive Swimming Snorkel.
Please label all gear!

Group Information

Practice Length: 45 min

Practice Days: Monday - Friday

Group Times: 3:45pm, 4:30pm, 5:15pm, 6:15pm or 7:00pm (practice times are not interchangeable)

Price : \$140 per month

WHAT DOES MY SWIMMER NEED TO MOVE TO BRONZE 2?

Please see the Waterloo Swim Team move up guidelines online for more details. Moves happen 4 times throughout the year. Once at the beginning of each season and once in the middle of each season. August, November, March and June. In order to qualify for a move swimmers must complete the following:

Attend at least one swim meet during the season

Maintain 50% attendance throughout the season

Test Sets: 20x50s Free @ 1:20 | 10x50s Kick @ 1:20 | 3x100s IM @ :20 rest

Athletes who complete requirements move to Bronze 2
Athletes who will be turning 13 the following season move to Jr. Varsity