## Varsity or High Performance **National Performance** Swimmers 14 and older aiming to **Provincial Senior** excel at the Senior National level. Swimmers 14 and older aiming for 8—9 practices per week success at the Provincial level. 7 practices per week **National Development** Swimmers 13 and older aiming to **Provincial Junior** excel at Junior Nationals and Swimmers 11—13 aiming for Westerns. success at the Provincial level. 8 practices per week Regional 1 7 practices per week Swimmers 10+ will compete at local and regional level meets. 6 practices per week Regional 2 Conditioning & Technique Swimmers 10+ will compete at local and regional level meets. Swimmers 11 and older. No requirement to compete 5 practices per week Choose 1—5 practices per week Intro Competitive 1 Swimmers 9+ will begin to learn to train and compete locally. 5 practices per week Intro Competitive 2/JDF Swimmers 7+ ready to start competing at local meets. 4 practices per week

## Island Swim Skills (formerly bronze, silver & gold)

Swimmers 6—11. (Minimum SwimKids level 4 to enrol)

Focus on skills, fun and endurance and learning the very basics of competitive swimming.

Open registration so swimmers progress at their own pace. 2 or 3 practices per week.