

ORCA SENIOR



This level is our most advanced developmental competitive swim group for those approximately 9-13 years old who have completed our Orca Junior level or equivalent. The Orca program focuses on FUNdamental excellence, where swimmers have fun learning the most advanced techniques in swimming. Fun, friends, skills, water safety, and physical literacy are learned at this level.

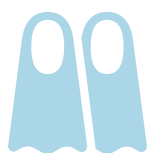
WEEKLY TRAINING SCHEDULE

Swimmers in this group have 4 training sessions per week:

Monday	Wednesday	Thursday	Friday
5:15-5:30 pm Activation	5:15-5:30 pm Activation	5:15-5:30 pm Activation	5:15-5:30 pm Activation
5:30-6:30 pm Swim	5:30-6:30 pm Swim	5:30-6:30 pm Swim	5:30-6:30 pm Swim

COMPETITION SCHEDULE

Meet Name	Date	Location	Attending Groups	Team Travel
Comox Season Opener	Oct. 18, 2025	Courtenay	All Groups	No
CRKW Meet	Nov. 29-30, 2025	Campbell River	All Groups	No
Ugly Sweater Meet	Dec. 12-14, 2025	Nanaimo	Orca Senior and Killer Whale Dev	No
CRKW Time Trial	Jan. 17, 2026	Campbell River	All Groups	No
Regional Champs	Jan/Early Feb	TBA	All Qualified	No
Comox Jamboree	Feb TBA	Courtenay	Orca Dev/Jr/Sr	No
Duncan Invitational	March TBA	Duncan	Orca Dev/Jr/Sr	No
April CRKW Meet	Apr. 18, 2026	Campbell River	All Groups	No
CRKW Rule the Pool-Time Trial	May TBA	Campbell River	All Groups	No
Fun Meet	June TBA	TBA	Orca Dev/Jr/Sr	No



- ✓ Team Shirt (provided)
- ✓ Team Cap (provided)
- ✓ Goggles without nose covering
- ✓ Swimsuit (girls-one piece, boys-jammers)

Pre-Competitive

Developmental Competitive

Senior Competitive

Bronze

Silver

Gold

Platinum

Orca Development

Orca Junior

Orca Senior

Killer Whale Development

Killer Whale Junior

Killer Whale Senior