APEX SWIM ACADEMY • STAGE 1

Apex Otters Level

Program Purpose & Training Overview



PROGRAM PURPOSE

To train a swimmer with the knowledge of their technical ability that needs to develop the strength and endurance to sustain their ability over a longer duration of time, and to be able to maintain technical ability while increasing yardage.

Training Focus & Swimmer Development

The **Otter Level** serves as the foundational entry stage into the Apex Swim Academy. Swimmers entering this group bring an awareness of proper stroke mechanics and body position, and practices are structured to bridge technical precision with aerobic conditioning.

- **Technical Awareness & Execution:** Reinforcing proper streamline, breathing rhythm, body alignment, and stroke mechanics so swimmers understand how to self-correct in the water.
- **Strength & Endurance Building:** Progressively developing swim-specific muscular strength and cardiovascular stamina to sustain efficient movement across longer intervals.
- **Technique Under Increasing Yardage:** Teaching swimmers how to hold clean, consistent stroke form without technical breakdown as training volume and continuous yardage increase.

Session Schedule & Enrollment Summary

PROGRAM COMPONENT	DETAILS
Academy Placement	Apex Otters Swim Group — Stage 1 (Apex Swim Academy)
Class Schedule	Tuesdays & Thursdays (5:00 PM – 6:00 PM) and Saturday & Sunday (12:00 PM – 1:00 PM)
Tuition Options	$250 (1 day per week) • $500 (2 days per week)