APEX SWIM ACADEMY • PROGRAM OVERVIEW

Frequency, Intensity & Time (FIT Program)

Flexible Training Structure, Commitment & Business Hours

PROGRAM FOCUS & BENEFITS

This program is designed to help swimmers improve overall skill, increase strength and endurance, and refine stroke technique. Coaches identify individual weaknesses and turn them into strengths through targeted training. While this program offers more flexibility than a traditional competitive team track, progress is directly tied to commitment. The more consistency and effort a swimmer brings, the greater the results.

Core Training Pillars (FIT)

COMPONENT	TRAINING STRUCTURE
Frequency	**How often your swimmer trains each week.** Swimmers may attend 1, 2, up to 4 days per week on a flexible drop-in basis. Participants are encouraged to attend as many sessions as their schedule allows.
Intensity	**How hard your swimmer works during each session.** Workouts are structured to challenge swimmers appropriately while emphasizing strength, endurance, and technical efficiency without sacrificing proper form.
Time	**The duration of each training session.** Each practice is carefully planned to maximize productivity and development within the allotted session time.

Program Format & Commitment

- **One flat program fee**
- **Monthly payment options available**
- **Minimum 3-month commitment required**
- **Offers greater flexibility compared to competitive team prep programs**

Eligibility & Evaluations

A minimum Developmental level is required to participate. Swimmer evaluations are available by appointment to ensure proper placement and goal alignment.

Business Times

CLASS DAYS	PRACTICE HOURS
Monday & Wednesday	5:00 PM – 6:00 PM
Saturdays & Sundays	1:00 PM – 2:00 PM

Apex Swim Academy — Program & Pool Information

Scan the QR code for developmental academy details and registration.

www.apexswimclub.com/developmental-acadamy-pools