APEX SWIM ACADEMY • PROGRAM OVERVIEW

Piranha Competitive Prep Group

Program Overview, Competitive Mindset & Entry Requirements



PROGRAM OVERVIEW

Piranhas swim in schools with position, awareness, and speed. This program marks the transition from individual skill development to true team-based training.

Swimmers train a mandatory two days per week as they begin preparing for the demands of competitive swimming.

Training Focus & Primary Focus Areas

Practices focus on speed, strength, and endurance while maintaining strong technique. Swimmers learn to control their strokes under pressure and perform consistently in competitive conditions.

- **Speed development and race pacing**
- **Strength and endurance training**
- **Stroke control under fatigue**
- **Competitive confidence and mental toughness**

Competitive Mindset Development

The final requirement before joining a swim team is the ability to perform under pressure. Swimmers are taught mental control, race awareness, and how to push their limits with confidence.

The mindset becomes: *How much farther can I go? How much faster can I swim?*

Entry Requirements

SKILL / STROKE	MINIMUM DISTANCE REQUIREMENT
Freestyle	200 yards
Backstroke	200 yards
Breaststroke	200 yards
Butterfly	100 yards
Kick	500 yards

Hours of Operation

CLASS DAYS	PRACTICE TIME
Tuesdays & Thursdays	5:00 PM – 6:00 PM
Saturdays & Sundays	11:00 AM – 12:00 PM

Apex Swim Academy — Program & Pool Information

Scan the QR code for developmental academy details and registration.

www.apexswimclub.com/developmental-acadamy-pools