APEX SWIM ACADEMY • PROGRAM OVERVIEW

Turtle Transition Swim Group

Program Overview, Entry Requirements & Session Progression



PROGRAM OVERVIEW

Turtles are swimmers who often feel most comfortable working independently. This group gently introduces swimmers to a structured group environment with peers at a similar stage in their swim journey.

This program serves as a bridge between private lessons and team-based training.

Training Focus & Primary Focus Areas

Swimmers train for one hour, one or two days per week. The main emphasis is on building strength and endurance while maintaining proper technique. Swimmers learn to hold form while swimming at a consistent group pace.

- **Aerobic endurance**
- **Technique under fatigue**
- **Pacing and circle swimming**
- **Confidence in a group training environment**

Entry Requirements

SKILL / STROKE	MINIMUM DISTANCE REQUIREMENT
Freestyle	50 yards
Backstroke	50 yards
Breaststroke	50 yards
Kick	100 yards

Full Program Schedule

CLASS DAYS	PRACTICE TIME
Wednesday & Fridays	5:00 PM – 6:00 PM
Saturday	1:00 PM – 2:00 PM
Sunday	10:00 AM – 11:00 AM

Practice Yardage & Outcome

Total practice yardage per session ranges from approximately **800–1,000 yards**. By the end of the program, swimmers are prepared to transition into higher-level developmental or pre-team programs.

Apex Swim Academy — Program & Pool Information

Scan the QR code for developmental academy details and registration.

www.apexswimclub.com/developmental-acadamy-pools