

APEX SWIM CLUB

Turtle Transition Swim Group

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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

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.

Primary Focus Areas

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

Entry Requirements

- Freestyle – 50 yards
- Backstroke – 50 yards
- Breaststroke – 50 yards
- Kick – 100 yards

Session Progression

Weeks 1–2: Kick sets, pacing, and circle swimming skills

Weeks 3–5: Freestyle & Backstroke swim and drill work

Weeks 6–8: Breaststroke swim and drill development

Weeks 9–12: Introduction to Butterfly swim and drill

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.