

APEX SWIM CLUB

Dolphin Developmental Swim Group

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Program Overview

Dolphins are social and playful swimmers who thrive in a group environment. The Dolphin Developmental Swim Group builds on strong fundamentals while introducing more advanced competitive swimming skills.

At this level, families may choose one or two practices per week. Swimmers must complete a full three-month session attending two days per week to be eligible for promotion to higher competitive programs.

Training Focus

This one-hour practice focuses on refining stroke technique, improving coordination, and developing the strength and confidence required for competitive swimming. Key skills include flip turns, diving fundamentals, and basic race skills.

Primary Focus Areas

- Refining all four strokes
- Flip turns and racing starts
- Strength, coordination, and endurance
- Confidence in competitive training environments

Entry Requirements

- Freestyle - 100 yards
- Backstroke - 100 yards
- Breaststroke - 100 yards
- Butterfly - 50 yards
- Kick - 200 yards

Session Progression

Weeks 1-2: Freestyle & Backstroke swim and drill

Weeks 3-5: Breaststroke swim and drill

Weeks 6-8: Butterfly swim and drill

Weeks 9-12: I.M. concepts, flip turns, and diving skills

Practice Yardage & Outcome

Total practice yardage per session ranges from approximately 1,000-1,500 yards.

By the end of this program, swimmers will be technically sound, confident in competitive skills, and prepared for advancement into pre-team or competitive programs.