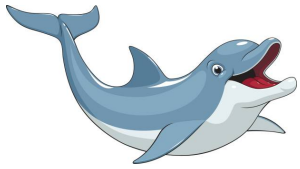
APEX SWIM ACADEMY • PROGRAM OVERVIEW

Dolphin Developmental Swim Group

Program Overview, Training Focus & Entry Requirements



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 & Primary Focus Areas

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.

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

Entry Requirements

SKILL / STROKE	MINIMUM DISTANCE REQUIREMENT
Freestyle	100 yards
Backstroke	100 yards
Breaststroke	100 yards
Butterfly	50 yards
Kick	200 yards

Full Program Schedule

CLASS DAYS	PRACTICE TIME
Monday & Friday	5:00 PM – 6:00 PM
Saturdays & Sundays	12:00 PM – 1:00 PM

Apex Swim Academy — Program & Pool Information

Scan the QR code for developmental academy details and registration.

www.apexswimclub.com/developmental-acadamy-pools