



CLE SWIMMING 2026-27 PRACTICE GROUPS

GROUP	Level 1	Level 2	Level 3	Level 4
AGES	12&Under	14&Under	14&Under	13&Over
COST	\$99/mo.	\$129/mo.	\$159/mo.	\$189/mo.
PRACTICES	Tu/Th 5:30-6:30p at North Olmsted	MWF 7-8p at North Olmsted	Mon-Fri 6:30-8p at North Olmsted	Mon-Fri 6:30-8p at North Olmsted OR Mon-Fri 3:30-5:30p and Sat 8-10a at Brook Park
QUALIFICATIONS TO JOIN GROUP	Able to swim 25 Free and 25 Back	Successfully complete a 50 Backstroke and 50 Freestyle legally in a meet with a flip turn	Successfully complete Level 2 requirements and a 50 Butterfly, a 50 Breaststroke, and a 200 IM legally in a meet with proper turns	Be in high school or over age 13 with a Junior Olympic Championship Meet Qualifying Time
CURRICULUM	Freestyle, Backstroke, Racing Dives, Flip Turns	Butterfly, Breaststroke, Open Turns, IM Turns	Intervals, Aerobic Development, Basics of Training	Preparation for High School Swimming and USA Travel Meets
ADVANCEMENT REQUIREMENT	Successfully complete a 50 Backstroke and 50 Freestyle legally in a meet with a Flip Turn	Successfully complete a 50 Butterfly, a 50 Breaststroke, and a 200 IM legally in a meet with proper turns	Qualify to the Ohio Junior Olympic Championship Meet as a 13-14 or Enter High School	NA

OPTIONAL DRYLAND TRAINING FOR LEVELS 3 AND 4