



DYNAMO JUNIOR SWIM LEAGUE, DYNAFIT, & HIGH SCHOOL PREP LEVEL DESCRIPTIONS

WHITE (formerly Guppies): For the beginning swimmer, however, this class is NOT defined as group swim lessons. Minimum ability to swim *multiple* lengths of the pool unassisted and demonstrating proper technique in both freestyle (with rotary breathing) and backstroke (with proper head and body positioning). There must also be a basic understanding of the concepts of both breaststroke and butterfly. The goal for this level is to provide the swimmer with increased swimming exposure and confidence. Practice for this level will focus on refining freestyle and backstroke techniques as well as continuing to develop the advanced disciplines of breaststroke & butterfly.

Ages: 6-8 years

Practices: 1-2 days/week.

Practice: approximately 30 minutes per class

GREEN (formerly Seahorses): This is an instructional level that focuses on the basic fundamentals of all four competitive strokes. Practice for this level is focused on the refining technique of all four swimming disciplines with an emphasis on: kicking, stroke drills, rotary breathing, starts, proper body position, and streamlining.

Requirements: Minimum ability to swim one length of the pool unassisted in all four strokes.

Ages: 7-8 years

Practices: 1-2 days/week

Practice: approximately 40 minutes per class

GOLD (formerly Dolphins): Practice at this focuses on stroke refinement, endurance training, and introducing flip-turns. This level reinforces the fundamentals of all four competitive strokes and builds on swimming techniques with increased cardiovascular conditioning. Minimum ability to swim one length of the pool unassisted in all four disciplines.

Ages: 8-11

Practices: 1-2 days/week

Practice: approximately 50 minutes per class

DYNAFIT (formerly Sharks): For the experienced swimmer wanting to supplement their middle school practices, or looking for a strong swimming fitness option. Minimum ability to swim one length of the pool unassisted in all four disciplines. This group continues to emphasize stroke techniques while improving aerobic conditioning and speed. Primarily for Middle School Students.

Ages: 11 & over

Practices: 1-2 days/week

Practice: approximately 60 minutes per class

High School Prep (new program): For the experienced swimmer wanting to supplement their middle school or high school team practices, or looking for a strong swimming fitness option. Minimum ability to swim multiple lengths of the pool unassisted in all four disciplines, as well as have an understanding for competitive starts and turns. This group continues to emphasize stroke techniques while improving aerobic conditioning and speed. Primarily for Middle School & High School Students.

Ages: 13 & over

Practices: 1-2 days/week

Practice: approximately 75 minutes per class

*****Only offered at our Chamblee & Alpharetta locations*****