

# Central Iowa Aquatics Swim Programs

## **Pre-Competitive Training Program:**

The Pre-Competitive swimmers are primarily 10 and under beginning swimmers who can perform the freestyle for 25 yards. Pre-Competitive swimmers will learn competitive skills for all four strokes, plus starts and turns. Emphasis is 95% instruction. The Pre-Competitive group meets 3 times a week for 50 minutes each month.

## **Age Group Training Program:**

The Age Group swimmers range in age from 12 years old and under. These swimmers have swim experience, want to get more out of swimming, and are looking to advance competitively. Emphasis is on stroke development, technique, and conditioning improvement. These swimmers may or may not have state qualifying times. Practices for Age Group swimmers are an hour and a half each day. CIA offers up to 6 practices a week for its Age Group swimmers during the spring, fall, and winter sessions (M-F evenings/ Saturday mornings) and up to 6 practices a week during the summer session (M-F mornings or evenings/ Saturday mornings).

## **Senior Group Training Program:**

The Senior Group swimmers range in age from 13 years old and older. These swimmers have several years of competitive experience. This group is for the more serious committed swimmer. Emphasis is on stroke refinement, fine tuning, and conditioning improvement. Practices for Senior Group swimmers are 2 hours a day. CIA offers up to 9 practices a week during the spring, fall, and winter sessions (M-W-F mornings/ M-F evenings/ Saturday mornings) and up to 11 practices a week during the summer session (M-F mornings and evenings/ Saturday mornings).

## **Master's Training Program:**

CIA's Master's program provides organized workouts for adults, aged 18 and over, who are dedicated to improving their fitness through swimming. For each master's practice, CIA provides a coach, structured workouts, and a well-thought out training program. CIA offers 3 practices during the spring, fall, and winter sessions (M-W-F mornings) and 5 practices during the summer (M-F mornings).