

Auburn Racquet & Fitness Club

SHARKS 2023 Season Practice Schedule

Practices take place Tuesday-Friday, June 6th-July 30th

Please call the Aquatics Director, Leah with any questions.

Great White 7:45-9:45

A swimmer is 12 years old and has been on the swim team(s) before. He/she can swim all four strokes very well. He/she can swim eight or more laps at a time without stopping. He/she knows all the basic techniques and drills for all four strokes. He/she knows how to do a proper flip/open turn.

Whale Shark 9:15-10:50

The swimmer has been on the swim team(s) before. He/she can swim all four strokes well. He/she is able to swim four or more lengths of the pool without stopping. He/she understands all basic techniques and drills for all the strokes. He/she knows at least the basics of the flip/open turns.

Tiger Sharks 10:30-11:50

Swimmer knows how to swim all four strokes. He/she can swim two lengths of the pool without stopping.

Hammerhead 11:45-12:45

The swimmer is able to swim Freestyle and Backstroke across the entire length of the pool. He/she has some knowledge of dolphin kick and the whip kick.

Spinner Sharks 12:00-12:45

The swimmer is able to swim the whole length of the pool without stopping. He/she is able to get to the wall safely without assistance. He/she can comfortably swim on his/hers back without assistance.