

2019/2020 Competitive Swimming Program

Squad Name	Coach	Benchmarks	Age Range	Sessions Offered	Sessions Required	Competitions
Senior Squad	Coach Ryan	100 Free = 1:15, 200 IM = 3:20	Grade 7+	4-5 swim + 1 Dry	4 swim + 1 Dry	Shanghai Swim League
Intermediate Squad	Coach Lucky	100 Free = 1:30, 100 IM = 1:45	Grade 6+	3-4 swim	3 swim	Shanghai Swim League
Transition Squad	Coach Rick	100 Free = 2:00, 50 back = 1:00	Grade 6+	3 swim	3 swim	Shanghai Swim League
Junior Squad	Coach Zee	SwimAmerica Station 10	Grade 3 to 5	3-4 swim	3 swim	Shanghai Swim League or Development Series

2019/2020 SwimAmerica Program

Group Name	Teacher	Instructional Level	Age Range	Lessons Offered	Lessons Required	Competitions
SA - Sailfish	Coach Zee	Station 8+	Grades 2 to 5	2 swim	Both	Development Series (by invite)
SA - Swordfish	Coach Lucky	Station 6-7	Grades 2 to 4	2 swim	Both	Development Series (by invite)
SA - Marlins	Coach Rick	Station 4-5	Grades 2 to 3	2 swim	Both	-
SA - Yellowfins	Coach Ghicu	Station 2-3	Grades 2 to 3	2 swim	Both	-