



SWIM TEAM GROUPING & CLASS CATEGORIZATION

TEAM GROUPING		YELLOW	GREEN	BLUE	RED
SKILL CATEGORIZATION		ADVANCED BEGINNERS	INTERMEDIATE	ADVANCED	ELITE
STROKE TIME TARGETS	100m Freestyle	CANNOT ATTAIN AT LEAST ONE TIME TARGET IN THE GREEN CATEGORY	Under 2.00.00	Under 1.30.00	Under 1.15.00
	100m Breaststroke		under 2.30.00	Under 2.00.00	Under 1.44.00
	100m Backstroke		Under 2.20.00	Under 1.50.00	Under 1.30.00
	50m Butterfly		Under 1.10.00	/	/
	100m Butterfly		/	Under 1.47.00	Under 1.32.00

SWIMMING LESSON GROUPINGS	LESSON A	Teams Yellow & Green
	LESSON B	Teams Blue & Red

BOKEN AQUATICS
... win with the right techniques