

Greater Pensacola Aquatic Club

Program Overview

Group	Number of Swimmers	Ages	Ability Level	Teaching Vs. Training	Practices Per Week	Hours Per Week	Distance Per Week (SCY)
White	25 - 40	5 - 9	Novice	90 / 10	3	2.25	1,800 - 2,500
Blue	30 - 50	7 - 11	B - BB	80 / 20	5	5	5,000 - 7,000
Green	30 - 50	8 - 13	BB - A	60 / 40	5	7.5 - 9	8,000 - 12,000
Junior	15 - 25	10 - 14	BB - AAAA	40 / 60	6	10 - 12	25,000 - 40,000
Senior Blue	10 - 20	13 - 18	B - AA	40 / 60	5	8 - 10	25,000 - 40,000
Senior Green	5 - 10	14 - 18	BB - AA	30 / 70	6	10 - 13	35,000 - 50,000
Senior	20 - 25	13 - 18	A - OT	20 / 80	9	16 - 20	40,000 - 60,000

