

Old Dominion Aquatic Club

Practice Group Descriptions

Super Squad Yellow (Evening) – Honey Bee and Great Bridge	
Ages 5 – 9 years old	
3 practices/week	\$75.00 per month
Mon/Wed/Fri from 6:30 – 7:15 pm	
Group Description	
Includes swimmers who can complete a length of both freestyle and backstroke and who are age 5 and above. The group works primarily on learning butterfly and breaststroke, cleaning up major stroke problems on freestyle and backstroke, kicking, starts and turns.	
Required Equipment	TYR Fins TYR Mesh Bag TYR Jr. Kick Board

Super Squad Yellow (Afternoon) – Great Bridge ONLY	
Ages 5 – 9 years old	
3 practices/week	\$75.00 per month
Mon/Wed/Fri from 3:30 – 4:15 pm	
Group Description	
Includes swimmers who can complete a length of both freestyle and backstroke and who are age 5 and above. The group works primarily on learning butterfly and breaststroke, cleaning up major stroke problems on freestyle and backstroke, kicking, starts and turns. The Super Squad Yellow Group is offered 3 practices per week.	
Required Equipment	TYR Fins TYR Mesh Bag TYR Jr. Kick Board

Super Squad Blue – Honey Bee and Great Bridge

Ages 6 – 10 years old

5 practices/week

\$110.00 per month

Mon/Tue/Wed/Thu/Fri

6:30 – 7:15 pm

Group Description

Includes swimmers who are legal in all four competitive strokes (butterfly, backstroke, breaststroke, freestyle). The group works primarily on building solid stroke mechanics, kicking, starts, turns, and familiarizing swimmers with the rules of year-round competitive swimming. The Super Squad Blue Group is offered 5 practices per week.

Required Equipment

TYR Fins
TYR Mesh Bag
TYR Jr. Kick Board

Super Squad Blue (Afternoon) – Great Bridge ONLY

Ages 6 – 10 years old

5 practices/week

\$110.00 per month

Mon/Tue/Wed/Thu/Fri

3:30 – 4:15 pm

Group Description

Includes swimmers who are legal in all four competitive strokes (butterfly, backstroke, breaststroke, freestyle). The group works primarily on building solid stroke mechanics, kicking, starts, turns, and familiarizing swimmers with the rules of year-round competitive swimming. The Super Squad Blue Group is offered 5 practices per week.

Required Equipment

TYR Fins
TYR Mesh Bag
TYR Jr. Kick Board

9-10 - Honey Bee and Great Bridge

Ages 9 – 10 years old

<p style="text-align: center;">6 practices/week</p> <p style="text-align: center;">Mon/Wed from 6:30 – 7:30 pm Tue/Thu/Fri from 7:15 – 8:15 pm Sat from 9:45 – 11:15 am</p>	<p>\$121.00 per month</p>
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Group Description

The main focus of the 9-10 group is to develop solid stroke mechanics, kicking/underwater skills, and formulate solid practice habits and a basic understanding of race strategy.

<p>Required Equipment</p>	<p>TYR Hydroblade Fins TYR Mesh Bag TYR Jr. Kick Board TYR Catalyst Paddles TYR Snorkel TYR Jr. Pull Buoy</p>
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9-10 (Afternoon) – Great Bridge ONLY

Ages 9–10-year-olds

<p style="text-align: center;">6 practices/week</p> <p style="text-align: center;">Mon/Tue/Wed/Thu/Fri from 3:15 – 4:15 pm Sat from 9:45 – 11:15 pm</p>	<p>\$121.00 per month</p>
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Group Description

The main focus of the 9-10 group is to develop solid stroke mechanics, kicking/underwater skills, and formulate solid practice habits and a basic understanding of race strategy.

<p>Required Equipment</p>	<p>TYR Hydroblade Fins TYR Mesh Bag TYR Jr. Kick Board TYR Catalyst Paddles TYR Snorkel TYR Jr. Pull Buoy</p>
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11-12 – Honey Bee and Great Bridge

Ages 11-12 years old

6 practices/week Mon/Wed from 7:15 – 8:15 pm Tue/Thu/Fri from 6:30-8:00 pm Sat from 9:45 – 11:15 am	\$135.00 per month
Group Description	
The 11-12 Group will focus on refining stroke mechanics, developing more precise race strategies, practice with an emphasis on IM and distance-based training, and preparing swimmers for the transition into senior-level swimming. The 11-12 Group is offered 6 swim practices and 2 dryland practices per week.	
Required Equipment	TYR Hydroblade Fins TYR Mesh Bag TYR Jr. Kick Board TYR Catalyst Paddles TYR Snorkel TYR Jr. Pull Buoy

Senior 3 – Honey Bee and Great Bridge

13-16 years old

6 practices/week Mon/Wed from 7:15 – 8:15 pm Tue/Thu/Fri from 6:30-8:00 pm Sat from 9:45 – 11:15 am	\$135.00 per month
Group Description	
The Senior 3 Group will focus on refining stroke mechanics, developing more precise race strategies, practice with an emphasis on IM and distance-based training, and preparing swimmers for the transition into senior-level swimming. The Senior 3 Group is offered 6 swim practices and 2 dryland practices per week.	
Required Equipment	TYR Hydroblade Fins TYR Mesh Bag TYR Jr. Kick Board TYR Catalyst Paddles TYR Snorkel TYR Jr. Pull Buoy

Senior 2 – Honey Bee ONLY

13-18 years old

6 practices/week

Mon/Tue/Wed/Thu/Fri from 4:30 – 6:30 pm
Sat from 7:00 – 9:30 am

\$165.00 per month

Group Description

The Senior Two Group is the first step into senior-level swimming for most 13-older ODAC swimmers. This group offers the opportunity for swimmers to continue to develop solid stroke mechanics, gain an appreciation for consistent training, be part of a positive team environment, and have swimming function within their daily life. There is no minimum attendance requirement for Senior Two Group swimmers. Practices are offered 6 practices per week and 3 dryland practices per week.

Required Equipment

TYR Hydroblade Fins
TYR Mesh Bag
TYR Jr. Kick Board
TYR Catalyst Paddles
TYR Snorkel
TYR Jr. Pull Buoy

Senior 1 – Great Bridge ONLY

14-18 years old

8-10 practices/week

Mon/Tue/Wed/Thu/Fri from 4:15 – 6:30 pm
Sat from 7:00 – 9:30 am
Tue/Thu from 4:40 – 6:00 am (weights)
Sat from 6:00 – 7:00 am (weights)

\$195.00 per month

Group Description

Senior One Group swimmers must be at least 14 years old and possess a minimum of 3 Senior Championship Qualifying Times. While there is no attendance requirement for this group, the intent is to have the Senior One Group made up of swimmers who hold swimming as their main outside interest and are willing to create a consistent training pattern to enhance performance opportunities. The main focus is to have swimmers in this group reach the Sectional, Junior National, and National levels.

Required Equipment

TYR Hydroblade Fins
TYR Mesh Bag
TYR Jr. Kick Board
TYR Catalyst Paddles
TYR Snorkel
TYR Jr. Pull Buoy
Nose Plug
TYR Training Strap
Finis Sculling Paddles
Mesh/Polyester Practice Suit