

| Group Name | Ages | Ability | Competitive Level | Practice Time | Practice Length |
|----------------------------|----------------------|---------------------|--------------------------|--|------------------------------------|
| Developmental Group | 4 - 8 Years | New Swimmers | Low | 4:40 - 5:10 pm | June - Oct |
| Nicole's Group | 4 - 8 Years | Beginning | Low | 4:40 - 5:20 | 40 minutes |
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| Nancy's Group 1 | 5 - 8 years | Beginning | Low | 4:40 - 5:20 | 40 minutes |
| Nancy's Group 2 | 5 - 10 Years | Beginning | Low | 5:20 - 6:20 | 1 Hr |
| Nancy's Group 3 | 8-10 Years | Medium | Medium | 6:20 - 7:20 | 1 Hr |
| Nancy's Group 4 | 8-10 Years | Advanced | High | 5:50 - 7:20 | 1 Hr 30 Min |
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| Cara's Group 1 | 10 - 14 years | Beginning | Low | 4:40 - 5:40 | 1 Hr |
| Cara's Group 2 | 11 - 16 Years | Medium | Medium | 4:40 - 6:00 | 1 Hr 20 |
| Cara's Group 3 | 13 - 16 Years | Advanced | Medium | 5:50 - 7:30 | 1 Hr 40 Min |
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| Devon's Group 1 | 11-14 Years | Advanced | High | 5:30 - 7:30 | 2 Hrs |
| Devon's Group 2 | 13 - 18 Years | Medium | High | 5:00 - 7:30 | 2 Hr 30 Min |
| Devon's Group 3 | 13 - 18 Years | Advanced | High | 5:00 - 7:30 PM 5:20 - 6:50 AM | 2 Hr 30 Min 1 Hr 30 Min |