

Star Academy

Introduction to swimming strokes, skills, and techniques 3 workouts per week. This program is designed to expose young swimmers to the competitive strokes, technique and skills required for a competitive program. The goal is to begin the foundation upon which the young athlete can transition into competitive swimming. The Star Academy will create an opportunity for swimmers to develop a strong body positional foundation for the strokes to manifest. This being done through balance and rotational movements. The swimmers will be a part of a yearly program that will provide an introduction to competitions throughout their season.

“Continue to dream. For the dream of yesterday, is the hope of today and the reality of tomorrow.”