

# ROW SWIM PROGAMS

National  
Development

Compete at Provincial, National, and  
International levels

Provincial  
Development  
1 & 2

Focus on stroke skill mastery, goal  
development and racing strategy

Senior  
Development

Refine technique and training skills to  
compete at regional and provincial levels

RSA  
Competitive

Further refine technique and training skills to  
compete at regional level (13 & Over)

Age Group  
Development

Refine technique and training skills to  
compete at regional level (10-12)

Junior  
Development  
1 & 2

Develop stroke technique proficiency, starts  
& turns, and racing strategy

RSA  
Age Group

Develop stroke and endurance

TOPS

Develop stroke technique, endurance, and  
exposure to competitive swimming

ROW Swim  
Academy

Fundamentals program for  
swimmers up to 8 years of age

