



EMAC SWIMMING FLOW CHART: The **Emmaus Aquatic Club** offers training and practice groups for swimmers of all ages and ability levels. Our goal is to provide training tailored to challenge each individual and help them reach their full potential. The **Emmaus Aquatic Club's training group structure is designed to support** every athlete's long-term development. We use these guidelines to structure the DEVO and COMP swimming programs. ALL group placements are done at the coaching staff's discretion. As a general rule of thumb, the more you attend practice, the more benefit and enjoyment the athlete will receive. (updated 8/1/25)

AGE	PROGRAM	EXPECTATION
Infant on Up	LESSONS	YEAR-ROUND— Learn to Swarm Lessons Learn how to swim for safety, fitness, and a future on the EMAC swim team .

AGE	PROGRAM	EXPECTATION
4-10	DEVO Prep offered 4 days a week	Swimmers will be considered for DEVO Prep if they can swim face-down freestyle for at least 10 meters with a continuous kick. Backstroke and Freestyle fundamentals will be the main focus, with an introduction to Breaststroke and Butterfly. The body and head positions will be emphasized with proper kicking. Competitive swimming basics, such as safe swimming in a lane, equipment usage, underwater streamline kicking, somersaults in the water, and diving from the side of the pool, will also be taught. There are optional opportunities to participate in local meets. Prerequisites for enrollment: Swim Evaluation • Comfortable in the water without flotation assistance and able to receive instruction with multiple teammates in a lane • Comfortable jumping into the water from an elevated height and returning to the wall without assistance • Comfortable swimming at a diving well depth • Comfortable on back without assistance • Able to swim at least 10 meters above the water without assistance • Does not hold their nose when putting their face in the water

		<u>The USA Swimming Flex Membership</u> is a minimal requirement, offering up to 2 swim meets for competition.		
		FALL/SPRING (Sept–Nov; Apr–May)	WINTER (Jan–March)	SUMMER (June–July +)
	<u>DEVO Prep doc</u>	Monday – Thursday 5:30–6:15 pm	Monday – Thursday 5:30–6:15 pm	Monday through Thursday @ HIVE TBD

AGE	PROGRAM	EXPECTATION		
6–10	Developmental DEVO III offered 5 days a week GOAL: attend a minimum of 3 practices a week during the Short Course Yards (SCY) season–Sept–March.	Swimmers should be comfortable in the water, aware of their presence with others in the lane, and work together safely. The body and head positions will be emphasized with proper kicking. Learning Competitive Swimming Basics such as starting block usage, flip turns, safe circle swimming, learning the pace clock, proper streamlines and kickouts, and proper breathing. Prerequisite for enrollment: Swim Evaluation Legal in Freestyle (with side breathing) & Backstroke for at least 25 yards. Basic Stroke Foundational Expectations: Starting Block: Diving off the starting block will be taught & reinforced for consistency to be USA Swim Start Certified. Streamlines off all Walls for all strokes Freestyle: proper & consistent body & head position, side breathing with continuous kicking & pulling without stopping. Backstroke: proper and consistent body and head position with continuous kicking and pulling without stopping. Breaststroke: learning the proper body and head position with emphasis on learning the legal breaststroke kick. Butterfly: proper body and head position with continuous undulating kicking and pulling into a breath. A USA Swimming Premium Membership is required.		
		FALL/SPRING (Sept–Dec; Apr–May)	WINTER (Jan–March)	SUMMER (June–July +)
		SWIM MEETS: Swimmers are encouraged to compete in EMAC dual meets and EMAC-hosted A/BB/C meets. Committing to a Middle Atlantic Championship Meet is optional. Please communicate	SWIM MEETS: Swimmers are encouraged to compete in EMAC dual meets and EMAC-hosted A/BB/C meets. Committing to a Middle Atlantic Championship Meet is optional. Please communicate	SWIM MEETS: Swimmers are encouraged to compete in at least 1 Long Course Meet before committing to a Middle Atlantic Championship Meet, which is optional. Please communicate

		with your coach about your desire to compete in meets.	with your coach about your desire to compete in meets.	with your coach about your desire to compete in meets.
		Monday - Thursday 5:30-6:15 pm Friday @ HIVE 5:30-6:30 pm Spring: possible combo all DEVO	Monday - Thursday 5:30-6:15 pm Friday @ HIVE 5:30-6:30 pm	We hope to have improved opportunities and programming for DEVO swimmers in 2026, plus our Clinic Series @ HIVE.

AGE	PROGRAM	EXPECTATION		
7-10	Developmental DEVO II offered 5 days a week GOAL: attend a minimum of 3 practices a week during the Short Course Yards (SCY) season- Sept-March.	Building upon the skills of DEVO III, swimmers can swim and be legal in all strokes. They should be comfortable in the water, aware of their presence with others in the lane, and work together in a safe and coachable manner. The body and head positions will be emphasized with proper kicking. Competitive Swimming Basics and the expectation of trying different events offered in swim meets are understood. Legal in Breaststroke and Butterfly for at least 25 yards while understanding 2-hand touches for turns and finishes. Legal in Freestyle and Backstroke for 50 yards with a flip turn to begin repetitive swimming sets with intervals. USA Swimming Start certified. At present, our DEVO II group practices with our DEVO I group. Swimmers will blend in a variety of ways for overall swimmer improvement and benefit. <u>A USA Swimming Premium Membership is required.</u>		
		FALL/SPRING (Sept-Dec; Apr-May)	WINTER (Jan-March)	SUMMER (June-July +)
		SWIM MEETS: Swimmers are expected to compete in EMAC dual meets and EMAC-hosted A/BB/C meets. Committing to a Middle Atlantic Championship Meet is a goal, but it is optional.	SWIM MEETS: Swimmers are expected to compete in EMAC dual meets and EMAC-hosted A/BB/C meets. Committing to a Middle Atlantic Championship Meet is a goal, but it is optional.	SWIM MEETS: Swimmers are encouraged to compete in at least 1 Long Course Meet before committing to a Middle Atlantic Championship Meet, which is optional. Please communicate with your coach about your desire to compete in meets.
		Monday - Thursday 6:15-7:15 pm Friday @ HIVE 5:30-6:30 pm	Monday - Thursday 6:15-7:15 pm Friday @ HIVE 5:30-6:30 pm	We hope to have improved opportunities and programming for

		Spring: possible combo all DEVO		DEVO swimmers in 2026, plus our Clinic Series @ HIVE.
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AGE	PROGRAM	EXPECTATION		
8-10	Developmental DEVO I offered 5-6 days a week GOAL: attend 4 practices a week	Building upon the skills of DEVO II, swimmers begin challenging themselves to perform in the lane, work together safely, and be coachable. Emphasis on next-level competitive swimming expectations, such as travel meets and expansion of events to include distance, IM, and 200s. Legal in all 4 strokes for 50 yards with proper turns to be implemented during repetitive swimming sets with intervals to prepare for training IM and Distance Free. USA Swimming Start certified. <u>A USA Swimming Premium Membership is required.</u>		
		FALL/SPRING (Sept-Dec; Apr-May)	WINTER (Jan-March)	SUMMER (June-July +)
		SWIM MEETS: Swimmers are expected to compete in EMAC dual meets and EMAC-hosted A/BB/C meets and commit to an MA Championship Meet.	SWIM MEETS: Swimmers are expected to compete in EMAC dual meets and EMAC-hosted A/BB/C meets and commit to an MA Championship Meet.	SWIM MEETS: Swimmers are encouraged to compete in at least 1 Long Course Meet before committing to a Middle Atlantic Championship Meet, which is optional. Please communicate with your coach about your desire to compete in meets.
		Monday - Thursday 6:15-7:15 pm Friday @ HIVE 5:30-6:30 pm Saturday @ HIVE 9:30-11:30 am w/SILVER Group option Spring: possible combo all DEVO	Monday - Thursday 6:15-7:15 pm Friday @ HIVE 5:30-6:30 pm Saturday @ HIVE 9:30-11:30 am w/SILVER Group option	We hope to have improved opportunities and programming for DEVO swimmers in 2026, plus our Clinic Series @ HIVE.

AGE	PROGRAM	EXPECTATION
10-14	BEE FIT Jr Presently	Swimmers should be comfortable in the water alone and with multiple teammates in a lane. The body and head positions will be emphasized with proper kicking. Learning and Reinforcing Competitive Swimming Basics such as starting block usage, safe circle swimming, learning the pace clock, proper streamlines and kickouts, and proper

	combined with BEE FIT Sr.	breathing. An emphasis on freestyle and backstroke, with exploration into concepts of breaststroke and butterfly. The USA Swimming Flex Membership is a minimal requirement, offering up to 2 swim meets for competition.		
		FALL/SPRING (Sept-Dec; Apr-May)	WINTER (Jan-March)	SUMMER (June-July +)
	offered 4 days a week	SWIM MEETS: Not required; however, swimmers can attend EMAC-hosted A/BB/C meets with Coach approval, as well as possibly enter any Dual Meets.	SWIM MEETS: Not required; however, swimmers can attend EMAC-hosted A/BB/C meets with Coach approval, as well as possibly enter any Dual Meets.	SWIM MEETS: Not required; however, swimmers can attend EMAC-attended meets with Coach approval.
	Bee FIT doc	Mon-Thurs @ HIVE 7:15-8:15 pm	Mon-Thurs @ HIVE 7:15-8:15 pm	We hope to have improved opportunities and programming for Bee Fit swimmers in 2026.

AGE	PROGRAM	EXPECTATION		
11-18	COMP Hybrid	This swimming program is designed for the competitive short-course swimmer who cannot commit to the long-course season, but understands the commitment to the sport for continued growth and evolution. And of course, it is always better than taking your summer off. A USA Swimming Premium Membership is required.		
		FALL/SPRING (Sept-Dec; Apr-May)	WINTER (Jan-March)	SUMMER (June-July +)
	offered 4 days a week	NOT OFFERED	NOT OFFERED	Swimmers from our Competitive Group NOT committing to Long Course Meets. TBD

AGE	PROGRAM	EXPECTATION
11-18	SILVER (was JR)	Swimmers are comfortable making themselves uncomfortable in practice. Expectations regarding practice effort, commitment, and meet expectations increase with a focus on Middle Atlantic Junior Champs and/or Silver Champs. Commitment over talent begins to separate athletes who work with a growth mindset and evolve into

	GOAL: attend 4 practices a week	well-rounded, mentally, physically, and emotionally strong competitors. Swimmers are learning how to work with their coaches regarding meet planning and preparation, and trusting coaches' rationale for choosing meet events to assist proper development. Opportunities for enhancement will be provided for swimmers who show a passion and love of the sport to improve. This will have a positive impact moving forward and may involve additional practices or altered practice times, depending on the season & schedule. Legal in all 4 strokes (including starts & turns) for 50 yards and minimally IM and Distance Free ready. A USA Swimming Premium Membership is required.		
		FALL/SPRING (Sept-Nov; Apr-May)	WINTER (Nov-March)	SUMMER (June-July +)
	offered 6 days a week	SWIM MEETS: Swimmers are expected to follow the required meet schedule and, minimally, must attend at least 4 swim meets (2 must be A/BB/C level) before committing to a Middle Atlantic Championship Meet.	SWIM MEETS: Swimmers are expected to follow the required meet schedule and, minimally, must attend at least 4 swim meets (2 must be A/BB/C level) before committing to a Middle Atlantic Championship Meet.	SWIM MEETS: Swimmers are encouraged to compete in at least 2 Long Course Meets before committing to a Middle Atlantic Championship Meet.
		Mon-Fri @ HIVE 4-5:30 pm Saturday @ HIVE 9:30-11:30 am	Mon-Thurs @ HIVE 4-5:30 pm Friday PM @ HIVE 3-5:30 pm (FLEX) Saturday @ HIVE 9:30-11:30 am	TBD

AGE	PROGRAM	EXPECTATION
11-18	GOLD (was SR) Swimmers attend each practice.	Swimmers are comfortable making themselves uncomfortable in practice. Expectations regarding practice effort, commitment, and meet expectations increase with a focus on Middle Atlantic Senior Champs and/or Silver Champs. Athletes thrive with a growth mindset and a focus on evolution, becoming not only well-rounded swimmers but also enhanced mental, physical, and emotional competitors. Swimmers are learning how to work with their coaches regarding meet planning and preparation, and trusting coaches' rationale for choosing meet events to assist proper development. Morning practice attendance is expected. Athletes are exposed to strength training, AMs, & YOGA. Opportunities for enhancement will be provided for swimmers who show a passion and love of the sport to improve. This will have a positive impact moving forward and may involve additional practices or altered practice times, depending on the season & schedule. A USA Swimming Premium Membership is required.

		FALL/SPRING (Sept-Nov; Apr-May)	WINTER (Nov-March)	SUMMER (June-July +)
	offered 6 days a week (7-8 workouts)	SWIM MEETS: Swimmers are expected to follow the required meet schedule and, minimally, must attend at least 5 swim meets (3 must be A/BB/C level) before committing to a Middle Atlantic Championship Meet.	SWIM MEETS: Swimmers are expected to follow the required meet schedule and, minimally, must attend at least 5 swim meets (3 must be A/BB/C level) before committing to a Middle Atlantic Championship Meet.	SWIM MEETS: Swimmers are expected to compete in at least 2 Long Course Meets before committing to a Middle Atlantic Championship Meet.
		Mon-Thurs @ EHS 3:15-5 pm Mon 6:30-7:30 pm @ EHS LIFT Fri AM @ EHS 5:15-6:45 w/LIFT Saturday @ HIVE 7-9:30 am	Mon-Thurs @ EHS 5-7 pm M+F AM @ EHS 5:15-6:45 w/LIFT Friday PM @ HIVE 3-5:30 pm (FLEX) Saturday @ HIVE 7-9:30 am	TBD

AGE	PROGRAM	EXPECTATION		
11-18	TRAVEL (was JR/SR Travel) Swimmers attend each practice.	Swimmers are comfortable making themselves uncomfortable in practice. Expectations regarding practice effort, commitment, and meet expectations are emphasized with a focus on Middle Atlantic Senior Champs and National-level meets. Athletes thrive with a growth mindset and a focus on evolution, becoming not only well-rounded swimmers but also enhanced mental, physical, and emotional competitors. Swimmers trust their coaches regarding meet planning, preparation, and rationale when choosing meet events to maximize opportunities. Athletes improve through consistent strength training, AMs, & YOGA. A USA Swimming Premium Membership is required.		
		FALL/SPRING (Sept-Nov;Apr-May)	WINTER (Nov-March)	SUMMER (June-July +)
	offered 6 days a week (7-9 workouts)	SWIM MEETS: Swimmers are expected to follow the required meet schedule of the Travel Team.	SWIM MEETS: Swimmers are expected to follow the required meet schedule of the Travel Team.	SWIM MEETS: Swimmers are expected to follow the Travel Team's required meet schedule, including committing to a complete Middle Atlantic Champ Meet.
		Mon @ EHS 5-7:30 pm w/LIFT Tues-Thurs @ EHS 5-7 pm W-F AM @ EHS 5:15-6:45 w/LIFT	Mon-Thurs @ EHS 5-7 pm M-W-F AM @ EHS 5:15-6:45 w/LIFT Friday PM @ HIVE 3-5:30 pm (FLEX)	TBD

		Friday PM @ EHS 3:30-5 pm Saturday @ HIVE 7-9:30 am	Saturday @ HIVE 7-9:30 am	
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AGE	PROGRAM	EXPECTATION		
14-18	BEE FIT Sr Presently combined with BEE FIT Jr.	Swimmers should be comfortable in the water alone and with multiple teammates in a lane. The body and head positions will be emphasized with proper kicking. Learning Competitive Swimming Basics such as starting block usage, safe circle swimming, learning the pace clock, proper streamlines and kickouts, and proper breathing. An emphasis on freestyle and backstroke, with exploration into concepts of breaststroke and butterfly. The USA Swimming Flex Membership is a minimal requirement, offering up to 2 swim meets for competition.		
		FALL/SPRING (Sept-Dec; Apr-May)	WINTER (Jan-March)	SUMMER (June-July +)
	offered 4 days a week	SWIM MEETS: Not required; however, swimmers can attend EMAC-hosted A/BB/C meets with Coach approval.	SWIM MEETS: Not required; however, swimmers can attend EMAC-hosted A/BB/C meets with Coach approval.	SWIM MEETS: Not required; however, swimmers can attend EMAC-hosted A/BB/C meets with Coach approval.
	Bee FIT doc	Mon-Thurs @ HIVE 7:30-8:30 pm	Mon-Thurs @ HIVE 7:30-8:30 pm	We hope to have improved opportunities and programming for Bee Fit swimmers in 2026.

AGE	PROGRAM	EXPECTATION		
18+	COLLEGE Group	EMAC continues its support of the College Swimmer throughout the school year. Collegian communicates with the Swim Director and Head Coach about return home dates to set up proper training through the Coaching Staff. NEEDS to be completed before practice. -EMAC registration -Updated USA Swimming Registration -SafeSport Certified -Please email a screenshot of your updated USA Swimming Member Card to the Swim Director and Head Coach for validation before your first practice. A USA Swimming Premium Membership is required.		

		FALL/SPRING (Sept-Dec; Apr-May)	WINTER (Jan-March)	SUMMER (June-July +)
		Flexible practice attendance from September 1 to May 1 with our COMP Programming. COLLEGE GROUP should follow the competition schedule of the SENIOR Group minimally.	Flexible practice attendance from September 1 to May 1 with our COMP Programming.	Mon-FRI @ E-COMM 6-8:30 AM Saturday @ E-COMM 7-9 am YOGA & Strength - TBD LCM session sign-up through the EMAC Office; swimmer joins our SENIOR training group, expectations and fees.

AGE	PROGRAM	EXPECTATION		
	MASTERS	A YODA-Like Experience		
		FALL/SPRING (Sept-Dec; Apr-May)	WINTER (Jan-March)	SUMMER (June-July +)
		Mon-Fri @ HIVE 5:30-7 am Sunday @ HIVE 7:30-9 am	Mon-Fri @ HIVE 5:30-7 am Sunday @ HIVE 7:30-9 am	Mon-Fri @ HIVE 5:30-7 am Sunday @ HIVE 7:30-9 am

AGE	PROGRAM	EXPECTATION		
	LAP SWIM	JUST KEEP SWIMMING!		
		FALL/SPRING (Sept-Dec; Apr-May)	WINTER (Jan-March)	SUMMER (June-July +)
		Mon-Fri @ HIVE 7-10 am	Mon-Fri @ HIVE 7-10 am	We will have our open swim slots 5 days a week; time- TBD.

Days and Times of the practice schedule may change slightly depending on the size of the swim group and season.

