

# Swimming/Diving Opportunities in Rochester

**Irondequoit Gators**– (<http://www.iscgators.com>)

**Penfield Sea Dragons**– (<http://www.seadragons.org>)

**Rochester Rapids**– (<http://www.rochesterrapids.com>)

**FAST**– (<http://www.fairportswimming.com>)

**PACK**– (<http://www.packswimteam.org>)

**Webster Blue Fins**– (<http://www.wsabluefins.com>)

**Rush-Henrietta Comets**– (<http://www.goldencomets.org>)

**Team Marlins**– (<http://www.teammarlins.com>)

**Victor Swim Club**–(<http://www.victorswimclub.org>)

**Southeast YMCA Sharks**–(<https://rochesterymca.org/southeast/>)



**Barracudas Swim Program (contact Town of Brighton for information)**

- Practices held at Brighton High School (non-competitive training)

**University of Rochester (<http://www.rochester.edu/athletics/camps/>)**

- During the summer, the U of R hosts week long clinics

**UpState Diving**– (<http://www.upstatediving.com>)

