



GROUP REQUIREMENTS

2024-2025

NOVICE AGES 5 - 12

REQUIREMENTS

- This is not a learn to swim program
- Swim 25 yards of freestyle & backstroke
- Be comfortable in water where they cannot touch
- Able to comfortably submerge entire face and demonstrate breath control

PRACTICES & FEES

- 2 practices per week
- \$100 deposit + \$50/month

AGE-GROUP B AGES 9 - 18

REQUIREMENTS

- Legally complete 50 yards of all 4 strokes w/ starts and turns
- Legally complete a 100 I.M.
- Have a time of 1:00.00 or better in the 50-yard freestyle
- Participate in a minimum of 3 regular season swim meets in addition to Sections and State if they qualify

PRACTICES & FEES

- 2 - 3 practices per week
- \$100 deposit + \$80/month

AGE-GROUP A AGES 5 - 14

REQUIREMENTS

- Legally complete 25 yards of freestyle and backstroke w/ starts and turns
- Demonstrate fundamentals of kick and arm motion for 25-yards of breaststroke and butterfly
- Participate in a minimum of 3 regular season swim meets

PRACTICES & FEES

- 2 - 3 practices per week
- \$100 deposit + \$80/month

SENIOR AGES 11 - 18

REQUIREMENTS

- Have a time of 0:45.00 or better in the 50-yard freestyle
- Have a time of 1:40.00 or better in the 100-yard freestyle
- Participate in a minimum of 4 regular season swim meets in addition to Sections and State if they qualify

PRACTICES & FEES

- 3 - 4 practices per week
- \$100 deposit + \$110/month