



SKILL-GROUP REQUIREMENTS

2025-2026

NOVICE

AGES 5 - 12

REQUIREMENTS

- Swim freestyle & backstroke
 - Ages 5 - 8: 25 yards of each
 - Ages 9 - 12: 50 yards of each
- Be comfortable in water where they cannot touch
- Able to comfortably submerge entire face and demonstrate breath control

THIS IS NOT A LEARN TO SWIM PROGRAM

PRACTICES & FEES

- 2, 45-minute practices per week
- \$100 registration fee + \$50/month

AGE-GROUP

AGES 5 - 14

REQUIREMENTS

- All Novice group requirements
- Legally complete 50 yards of freestyle and backstroke w/ starts and turns
- Demonstrate fundamentals of kick and arm motion for 50-yards of breaststroke and butterfly

PRACTICES & FEES

- 3; 55-minute practices per week
- \$100 registration fee + \$80/month

JUNIOR

AGES 9 - 18

REQUIREMENTS

- All Age-Group group 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

PRACTICES & FEES

- 3; 60 minute practices per week
- \$100 registration fee + \$85/month

SENIOR

AGES 11 - 18

REQUIREMENTS

- All Junior group 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 3 regular season swim meets

PRACTICES & FEES

- 4; 75-minute practices per week
- \$100 registration fee + \$95/month