

Swimming Requirements

8 and Under's

- Must be able to swim freestyle a **full length** of the pool without stopping or using any assistance (lane lines or walls).
- Must be extremely comfortable in the water and not afraid to put their face in.
- Must be able to demonstrate a proper flutter kick.
- Should be able to swim backstroke the width of the pool (15 yards).

9 and 10's

- Must be able to swim **two** laps of freestyle without stopping or using any assistance (lanes or walls).
- Should be able to swim a full length of the pool of backstroke without stopping.
- Must be able to demonstrate a proper flutter kick and dolphin kick.
- Must be able to push off under the water in a proper streamline position.

11 and 12's

- Must be able to swim **four** laps of freestyle without stopping or using any assistance (lane lines or walls).
- Must be able to swim **two** laps of backstroke without stopping.
- Must be able to demonstrate a proper flutter kick and dolphin kick.
- Must be able to push off under the water in a proper streamline position.
- Should be able to perform a legal butterfly or breaststroke.

13 and Up

- Must be able to swim **eight** laps of freestyle without stopping or using any assistance (lane lines or walls).
- Must be able to swim **four** laps of backstroke without stopping.
- Must be able to demonstrate a proper flutter kick and dolphin kick.
- Must be able to push off under the water in a proper streamline position.
- Should be able to perform a legal butterfly **and** breaststroke.