

## SWCA Swim Team Age and Ability Requirements

\*\*\*Family must be full members of the Club\*\*\*

### Age

- Swimmers must be 4 to 18 years old as of May 31
- No exceptions

### Ability

- All new swimmers for all age groups are evaluated for “swim readiness” in the first week of practice.
- Ages 9 and older: Must be able to swim across the pool by themselves without stopping (basically pass the swim test). Any stroke is fine.
- Ages 8 and under must be "swim ready," meaning:
  - Demonstrate a willingness to learn ... not being afraid of the water and able to listen and follow instructions given by the coach.
  - Demonstrate that they can move forward by simultaneously putting their head in the water, getting off the bottom of the pool, and kicking their feet while moving their arms. If they can only do this for a few yards that is fine.
  - If a 7/8 is a very new swimmer, we can put them with the 6 & under practice until they get up to speed. They usually progress quickly since they are older and we can move them up to their proper age group after a few weeks.
- Ages 6 and under: We are limited to 16 kids in the 6 and under group. If we have more than 16 kids sign up for that group, the coaches will need to evaluate the new swimmers to determine which swimmers are most ready to be on the team.
- Finally, if any swimmer of any age wants to join the swim team June 1 or later, they have to be able to swim across the pool by him/herself.