

<b>Minimum age</b>	7 years old
<b>Maximum age</b>	12 years old
<b>Performance</b>	<ul style="list-style-type: none"><li>• Level 10 National Swim Award</li><li>• 200m Freestyle Stroke Award</li></ul>
<b>Session Attendance</b>	<ul style="list-style-type: none"><li>• 2 or 3 sessions per week</li></ul>
<b>Work Ethic</b>	<ul style="list-style-type: none"><li>• Be punctual</li><li>• Be responsible for equipment</li><li>• Respect for facilities</li></ul>
<b>Self Discipline</b>	<ul style="list-style-type: none"><li>• Listen to Coaches instructions</li><li>• Respect for the Coaches and other swimmers</li><li>• Respect for the Club and its rules</li><li>• Maintain Personal Log Book</li></ul>
<b>Swimmer/Coach Ratio</b>	Maximum of 20:1