

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