

Minimum Age	7 years old
Maximum Age	11 years old
Performance	<ul style="list-style-type: none">• Level 8 National Swim Award• 100m freestyle stroke award
Session Attendance	<ul style="list-style-type: none">• 1 or 2 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">• Learn basic lane discipline• Listen to coaches instructions• Respect for the Coaches and other swimmers• Respect for the Club and its rules
Swimmer/Coach Ratio	Maximum of 20:1