



## **Prerequisite to Join the Silver Fins**

### **6 to 8yrs**

Demonstrate the ability to swim across length of pool unassisted without stopping in both Free, and back

### **9 & 10yrs**

Swim 3 of the 4 strokes (Back, Breast, Fly, and Free) legally for a 25 and be able to swim a 50 Free w/ side breathing and 50 Back

### **11 & 12yrs**

Swim 3 of the 4 strokes (Back, Breast, Fly, and Free) legally for a 50 and be able to swim a 100 Free w/ side breathing and 100 Back

### **13/Over**

Swim 3 of the 4 strokes (Back, Breast, Fly, and Free) legally for a 50 and be able to swim a 200 Free w/ side breathing and 100 Back