**Group 1**

**Requirements to enter Group 1:**

Swim a 25 free and a 25 back without the continued use of the wall or lane line

**Practice requirements:**

There are no practice requirements for this group, but 2 days a week is satisfactory.

**Meet Requirements:**

There are no meet requirements for this group. Swimmers are encouraged to try swimming a 25 free and 25 back in home meets.

**Equipment Requirements:**

None. The YMCA will provide a kick board and pull buoy for participants when needed.

**Group 1 Goals:**

Understand and demonstrate the YMCA’s core values

Be able to swim a 25 of all four strokes legally

Be proficient at streamlines

Participate in at least 1 home meet in at least 25 free and 25 back.

Know how to do a forward and backstroke start (although may not be proficient yet)

Know legal finishes in all four strokes

Learn basic terminology like: sets, drills, pulling, Individual Medley, relays, starting blocks, backstroke flags, kick board, Pull buoy, Warm up

Know basic lane etiquette\*

Courteous behavior towards other swimmers

Circle swimming

Passing

Taking turns going first