

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