**Requirements**

All swimmers must be familiar with the swimming strokes of freestyle, backstroke and breaststroke. The butterfly stroke will be taught through the season. The 8 and Under participants must be able to swim one length of the pool with Freestyle and side breathing. Participants over 8 years should be able to swim two lengths of the pool with freestyle and breaststroke or backstroke. If unable to do so, the child will be asked to take swimming lessons and be re-evaluated by a coach at a later date.