

**Minimum Swimming Requirements**

**Requirements**

**(Updated 3/19)**

**6 and Under**

* Swim 25 meters (one length) Freestyle and Backstroke without stopping

**7-8 Years**

* Swim 25 meters (one length) Freestyle without stopping (face continually in the water) and breathing to the side
* Swim 25 meters Backstroke without stopping and without turning onto stomach

**9-10 Years**

* Swim 25 meters (one length) of three of four competitive strokes: Freestyle, Backstroke, Breastroke or Butterfly
* Freestyle: face continually in the water and rotary breathing
* Backstroke: no turning on stomach
* Breastroke: able to do basic kick and pull
* Butterfly: able to do basic kick and arm motion

**11-12 Years**

* Swim 50 meters (two lengths) Freestyle, Backstroke and Breastroke
* Swim 25 meters (one length) of Butterfly

**13-18 Years**

* Swim 100 meters (four lengths) of Freestyle, Backstroke and Breastroke
* Swim 100 meter Individual Medley (one length of all four competitive strokes)