

BRONZE GROUP REQUIREMENTS

Members of this group must be:

- At least 7 years of age
- Able to do a flip-turn
- Able to swim 200 yards of Freestyle without stopping
- Able to swim 100 yards of Backstroke without stopping
- Able to do a proper Breaststroke kick
- Able to swim 50 yards of Breaststroke and Butterfly without stopping
- Able to dive off of the blocks; head first entry
- Able to attend at least 3 practices per week
- Able to attend at least 3 meets per year

