

GREEN GROUP REQUIREMENTS

Green Group 1

Members of this group must be:

- At least 5 years of age
- Able to complete 25 yards of Freestyle/ front crawl without stopping
 - with face in the water
 - with side breathing
- Able to complete 25 yards of Backstroke without stopping
- Able attend at least 2 practices per week
- Able to attend at least 2 meets per year

Green Group 2

- Learning Butterfly, Breastroke skills
- Able to hold streamline off of every wall & dive
- Able to dive off at pool edge; head first entry
- Able to do a somersault in water

