9 & Older Registration Guidelines

9 & Older swimmers who do not have swim team experience but have taken lessons/or practiced at the following facilities should register at **Central Park** for their **first session** with us.

- Swim Force
- Big Blue
- Goldfish
- Bear Paddle.

Please be advised that the **9 & Older practices are not lessons**. We are not "Learning how to swim" at the 9 & Older session, we are strengthening foundations to become a competitive swimmer.

Coaches will advise you via email close to the end of your swimmer(s) current session and/or before our next registration date, if your 9 & Older swimmer is ready for our North Central College practices.

Guidelines for **registration at North Central College**:.

9 and older swimmers: Must have swim team experience and meet standards below.

1. Have a **verifiable 50 free time** that is under :45 seconds
2. Can swim continuous 100 yard practice sets
3. Can swim all 4 strokes legally