

# Swim team FAQ

## Who can join swim team?

BAC accepts any swimmer who passes the tryout test, or swimmers who have successfully completed manatee skills. This is an introductory swim team where students will learn to view swimming as a sport, rather than fun activity. They will learn the official USA swimming rules & standards, stroke improvement, flip turns, starts, time clock and many other necessary swimming skills.

## What are the pre-requisites?

Tryout Test: Swimmers must complete at least 3 lengths of each stroke (freestyle, backstroke, breaststroke, and butterfly), complete at least 1 flip turn on stomach & back, and demonstrate basic knowledge of swimming skills (ex floats, glides, side breathing, treading water, etc). All ages are welcome, as this is a skill based program aimed at education and fun!

OR

Swimmers who have completed the "Manatee" level of our learn-to-swim program and can demonstrate those skills.

## When can my student take the tryout test?

Tryout testing will take place on Friday afternoons during family swim (3:30-5pm), or Saturday evening family swim (5:45-8:30). Or make arrangements with the aquatics director via email ([aquatics@bellinghamathleticclub.com](mailto:aquatics@bellinghamathleticclub.com)). The lifeguard will administer swim tryout testing during family swim times.

## How much does swim team cost?

Swim team will cost \$65/month for non-members, \$60/month for child of member, \$55/month for members

## How many times per week will swim team run?

Since our program is young, we will be running on Tuesday and Thursday nights only. However, as we pick up momentum, we will be looking to expand our program. Stay tuned!

## What time is swim team practice?

Swim team will run from 6-7PM on Tuesday and Thursday evenings.

## Is it competitive?

Our program is currently aimed at introduction to swimming as a sport. In this respect, we will be training our swimmers to compete. At this point, the focus will be on learning competitive swimming skills.