Toronto Swim Club Academy
Tryout Criteria: 2025-2026 Season

Bronze Level:

- Aged 5-8 (born 2019, 2018, 2017)
- Able to swim 25 meters of freestyle with side breathing, consistent strokes and kick, and no pausing or stopping.
- Able to swim 25 meters of backstroke with consistent strokes and kick, and no stopping.
- Able to perform, or approaching, proper breaststroke kick.
- Willingness to take instructions and apply corrections.

Silver Level:

- Aged 6-9 (born 2018, 2017, 2016)
- Able to swim 50 metres of freestyle with side breathing, and consistent strokes and kick.
- Able to swim 50 meters of backstroke with consistent strokes and kick.
- Able to swim 50 meters of breaststroke with proper kick, pull, and timing of the pull–breathe–kick–glide.
- Approaching proper technique in butterfly.
- Able to dive and perform flip turns.
- Willingness to take instructions and apply corrections.

Gold Level:

- Aged 7-10 (born 2017, 2016, 2015 *must be 10 for entire season)
- Proper skills across all 4 competitive swim strokes, including side push offs with underwater dolphin kick in streamline, flip turns, open turns, and dives off the block.
- Able to swim multiple lengths of each stroke with consistent skills and with endurance.
- Willingness to take instructions and apply corrections.