



Entry

At this time, PAQ offers only a year-round competitive training program. No shorter, seasonal introductory program sessions are scheduled. There are several swim schools and programs for introduction to competitive swimming on the island. To help you determine whether your child might be ready to join Punahou Aquatics, standards for entry have been set. See ***REQUIREMENTS FOR DIRECT ENTRY*** below.

If you believe your swimmer can meet these requirements, please contact Coach Ben Douglass (aquatics@punahou.edu or 943-3660) for try-outs and placement.

Punahou Aquatics – REQUIREMENTS FOR DIRECT ENTRY

The following standards are what it would take in order to join the current PAQ training groups.

8 yrs & Under

- 50-yrd freestyle under :50
- Ability to demonstrate 3 of 4 competitive strokes

9 – 10 yrs

- 50-yrd freestyle under :40
- Ability to demonstrate 3 of 4 competitive strokes
- Ability to demonstrate freestyle flip-turns

11 – 12 yrs

- 100-yrd freestyle under 1:15
- Ability to demonstrate 4 of 4 competitive strokes
- Ability to demonstrate freestyle flip-turns

13 yrs & Over

- 100-yrd freestyle under 1:10 or 200-yrd freestyle under 2:45
- Ability to demonstrate 4 of 4 competitive stroke
- Ability to demonstrate freestyle flip-turns