

# FAQ's OJAI Heat Waves Swim Team



## How do I join swim Team?

Come to lap pool **any Monday at 3:30(not holidays)** for a swim test to determine swim ability. Entry level (Novice) swimmers must be able to swim a 25(one length) without assistance. All other levels have detailed prerequisites which are available on our website under "Detailed Level/Program Description". After the correct level is determined, print (website) the registration form, fill out and bring to practice with payment for your swimmer. **Most swimmers age 8 and under** start in Manta Rays. Manta Ray information and registration can be found on our website under "Swim Lessons" or by emailing [whellstrom@caclubs.com](mailto:whellstrom@caclubs.com)

## We are not members of OVAC, can we still join the swim team?

YES! Non-members are welcome to join the swim team. They must pay a slightly higher fee and must adhere to the non-member swim policy.

## My child is too old for Manta Rays but doesn't pass prerequisites for OJAI Heat Waves.

### What are my options?

Swimmers over the age of ten who cannot swim one length may arrange for private lessons with one of our coaches. Email [whellstrom@caclubs.com](mailto:whellstrom@caclubs.com) to arrange for lessons.

## My child loves swimming but doesn't want to compete; does he/she have to go to swim meets?

Swim meets are optional, but highly encouraged. Swimmers who compete make much more progress than those who don't. They are more motivated to improve and see the progress they are making through their achievements at the meets. The YMCA league is very relaxed with many different levels of swimmers; the league's focus is on personal achievement rather than winning.

## What equipment does my swimmer need? Where can I buy it?

Girls need a one or two piece suit made for competitive swimming. Boys need a speedo or jammer. Suits not made for competitive swimming fall off or create uncomfortable drag. Boys and girls need well-fitting goggles. Long haired swimmers must wear a cap. All items are available in our pro-shop or at most sporting goods stores. Team suits and gear are available at our team store at Swim Outlet. <https://www.swimoutlet.com/OJAIHEATWAVES>

## What if my swimmer can only come to two practices a week? Do I have to pay for all of the practices?

It is okay if your child has other obligations and can only come twice a week. However, we do not prorate, offer half months, or refunds. Sick make ups due to broken bones etc. will be offered with a doctor's note. Because billing is monthly or seasonally it's best to start at the beginning of the month or session to avoid paying full month dues for less than a month of practice.

## We are non-members, how much does it cost to join the club?

Periodically throughout the year membership specials are offered to swim team swimmers only. These offers deeply discount swim dues and membership fees. If you are thinking about joining please ask about upcoming discounts.