



RED GROUP SWIMMERS should have the following in their Net Bag on deck for all practices:

Water Bottle

Goggles

Caps

Pull Boy

Kick Board

Fins (Finis Gold or Speedo)

Snorkel (Finis or Vorgee)

Hand Paddles (Speedo Contoured)

Skipping Rope

For Dryland Training:

Yoga Mat

Shorts

T-Shirt

Running Shoes

SWIM CLUB