

Nippers Squad

The **Nippers Squad** program provides a transition from learn to swim lessons to a competitive squad environment. The squad caters for athletes who are beginning their competitive swimming journey in a fun, friendly and educational environment.

1 session recommended

TRAINING BREAKS

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----|-----------|-----------|-----------|-----------|--------|----------|-----------|
| PM | 6.30-7.30 | 6.30-7.30 | | 6.30-7.30 | | | 3.30-4.30 |

Nippers will follow the school term and holidays.

EQUIPMENT

- Spare pair of goggles (preferably kept in gear bag)
- Fins
- Pull Buoy
- Pull Band
- Kickboard

COACH - James Dulfer - james.dulfer@gmail.com