



## **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**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>PM</b>	<b>6.30-7.30</b>	<b>6.30-7.30</b>		<b>6.30-7.30</b>			<b>3.30-4.30</b>

Nippers will follow the school term and holidays.

### **EQUIPMENT**

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

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