





GASC KIT REQUIREMENTS

<p>SESSION 1</p>	 <p>Club cap</p>	 <p>Mini kick board</p>	<p>A club swim cap is presented when you join the club. Back ups / spares are also available to buy from your child's coach.</p> <p>Please do not wear the club cap during public training sessions.</p>
<p>SESSION 2 As Session 1 plus:</p>	 <p>Mesh kit bag</p>	 <p>Fins</p>	 <p>Small / Junior Pull buoy</p>
<p>SESSION 3 As Session 2 plus:</p>	 <p>Swim / Centre Snorkel</p>	 <p>Ankle strap / Swim band</p>	 <p>Full size kick board</p>
<p>DEVELOPMENT As Session 3 plus:</p>	 <p>Cup and ball</p>		
<p>SQUAD 1 & 2 As Development plus:</p>	 <p>Logbook</p>	 <p>Hand paddles</p>	 <p>Finger paddles</p>
	 <p>Sponge on S-belt / equivalent</p>	 <p>Skipping rope</p>	 <p>Recording board / diving slate</p>
<p>SQUAD 3+ As Squad 1 & 2 plus:</p>	 <p>Peanut (two tennis balls wrapped in duct tape)</p>	<p>**Kit is available to purchase from Amazon, Wiggle, ProSwimwear, Allens of Kingsbury etc.</p>	