

# GASC KIT REQUIREMENTS

## All Swimmers



Swim cap

## Session 2 as All Swimmers PLUS



Mesh Kit Bag



Kick Board



Pull Buoy



Fins



Swim/Centre Snorkel



Ankle Strap/Swim Band  
(cut up cap or inner tube is fine)

## Development as Session 2 PLUS



Cup and Ball

## Squad 1 & 2 as Development PLUS



Logbook



Hand Paddles



Finger Paddles



Sponge on S-belt/equivalent



Skipping rope



Recording board/Divers Slate

## Squad 3+ as Squad 1 & 2 PLUS



Peanut  
(two tennis balls wrapped in duct tape)