



Girls Varsity Swimming

Expectations:

- Swimmers should be able to race a 50 (2 lengths of the pool) of each stroke
- Swimmers should be able to race a 100 (4 lengths of the pool) of each stroke
- Swimmers should be able to race a 200 (8 lengths of the pool) of freestyle
- Swimmers should be able to dive into the pool and do flip turns

What is needed:

- Bathing Suit
- Swim Cap
- Towel
- Goggles

Location: Chaminade High School



Dates:

Monday, August 25th

6pm-7:45pm

Wednesday, August 27th

6pm-7:45pm

Friday, August 29th 6pm-7:45pm