



## FRONT CRAWL TECHNIQUE WORKSHOP

### KIT LIST

- Swimming Costume / Trunks
- Towel (s)
- Swimming Hat – Silicone / Latex\*
- Goggles\*
- Flip Flops / Crocs
- Water Bottle
- Short training fins in you have them\*

\* A small selection available to borrow if needed

**Happy Swimming!**  
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