

# Green Pod CHECKPOINTS



- 50 Freestyle kick with correct breathing and Flip Turn:
- 50 Breaststroke kick with 3 second glide
- 50 Butterfly kick in streamline
- 100 Backstroke with flip turns under 2 min
- 25 Breaststroke with pullout
- 100 metres individual medley
- Dive and underwater 10m
- 50 Breaststroke and Butterfly with Turn
- 200 Fs with correct turns and breathing