Age Group 6.5

WU: FINS (**U**nder**w**ater **Fl**y **K**ick Work)

6x 25 free (10 UWFLK)

2x 75 free (4 UWFLK)

1x 100 free (3 UWFLK)

6x 25 bk (10 UWFLK)

3x 50 bk (4 UWFLK)

2x 100 s-line KOB (3 UWFLK)

1x 100 bk (3 UWFLK)

Kick/Drill:

20x 25 free kick :30/35/40

    (3 Fast/1 Ez)

Main:

3x

1x 100 IM 1:45/2

1x 100 free 1:30/40/50

1x 100 free kick 2:00/2:15/2:30