Barracudas: This group is designed for new swimmers on the Patriot Swim ages 10 and under. It is an opportunity to teach, learn and have fun. We will also have most of our 7 and under swimmers in the barracuda group. Barracudas have practice 5 days per week for 45 minutes. Average swimmers attend 2-3 sessions per week, but are welcome to attend as many as they like.

Required Equipment Practice:

Mesh Bag

Kick board

Full bladed swim fins

Goggles

Swim Cap (cannot represent another team, required for girls)

Required Equipment Swim Meet:

Goggles

Team Suit

Team Cap

2 towels

Clothes and sandals/shoes to wear on deck