

# Qualifying For Bronze

To Qualify for Bronze you must meet the following standards.

**400 free under 7.00**

**50 free under 40.0**

**50 fly under 50**

**50 back under 50**

**50 breast under 55**

Minimum of 3 Sessions per week.  
(4 Afternoons on offer)

[www.justsportsnfitness.com.au](http://www.justsportsnfitness.com.au)

