C3 Equipment List

Swim Practices:

2 x swim suits - Polyester / Poly-bend highly recommended



2 x goggles - recommended: Speed Jr Vanquisher

AVOID comfort / mask - they fall off when diving



Training fins - short blade







- Fins example 1

- Fins example 2

- Fins example 3

Swim Training snorkel – front mount, no purge valve





- <u>JR snorkel example 1</u>

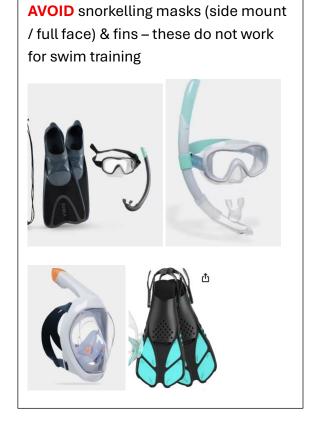
- Snorkel example 2

Jr Pull Bouy

Kick Board







Optional: Mesh equipment bag to keep gear together, Swim backpack

Dryland Training:

Running shoes (any pair will do, if they are clean for indoor Fieldhouse use)

Stretchy / comfy gym clothes, appropriate for physical activity and flexibility work

Yoga mat