

## Bronze Group Equipment List for Workouts - Updated March 17, 2023

### For swimming workouts:

Black colour training swim wear

MAC white swimming cap

Goggles

Water bottle

Kick board

Pull buoy

Frontal Snorkel for swimming workouts

Light Weight Canvas Shoes

Arena Finger Paddles for Breaststroke workouts (Required)

Fins

Recommended Fins: 0-5

(0. Cannot use, 1. Lowest recommendation, 5. Highest recommendation)

Hydro Tech 2: Recommended 5

<https://surfontario.ca/products/fins-flippers-hydro-tech-2-bodyboard-fins-blue>

DMC Elite Max: Recommended 3

<https://dmcfins.com/en-ca/collections/elite-max>

DMC Elite: Recommended 2

<https://dmcfins.com/en-ca/collections/dmc-elite-fins>

arena Power Fin Pro: Recommended 2

[https://www.arenasport.com/en\\_us/1e207-powerfin-pro.html](https://www.arenasport.com/en_us/1e207-powerfin-pro.html)

Zoomers Fins: Not recommended 0

<https://www.finisswim.com/Zoomer-Gold>

(Note: Zoomers Fins is a useful equipment but it is for a different objectives/purpose.)

For other fins, please check with Coach Takeo.

### For Dryland workouts:

Appropriate Dryland workouts attire (For outdoor or indoor)

Appropriate shoes for running

Skipping rope

Yoga Mat

Water bottle

Light resistance Theraband 220 - 250 cm

### For Dryland Ballgames workouts:

Gum soled Non-marking Badminton shoes (Regular sports shoes is not accepted)

Badminton racket

Shuttlecocks

Table Tennis racket

Table Tennis balls

Notes:

Additional equipments will be added to the list during season.