

Equipment List- Senior Groups

Wet

- Training Suit (brief or drag suit preferred for boys)
- Goggles; Two Pairs Minimum
- SWAT Cap; 2 Minimum
- Water Bottle
- Kickboard small
- Training Fins
- Training Snorkel
- Paddles (lean towards smaller size)
- Pull Bouy
- Racing suit*

Dry

- Waterbottle
- Light Looped resistance band**
- Yoga Mat

For the gym:

- Appropriate Gym attire
- Sneakers, trainers, running shoes
 - o Not slides, crocs, boots, etc.

*Racing suits are optional. Swim NS and Swimming Canada discourage their use for anyone not at National level competition. A slimmer cut of suit or a suit a size smaller than training will offer many of the same benefits at a fraction of the cost

**Like this. Red or Yellow resistance categories. <https://www.walmart.ca/en/ip/Latex-Resistance-Bands-Set-Workout-Bands-Yoga-Pullup-Belt-Muscle-Strength-Training-Exercise-Fitness-Home-Gym-82-x0-2/1RESRPHW1PXQ>