



Keystone Aquatics Equipment List

<p>Age Group Blue</p>	<ul style="list-style-type: none"> • Jr. Sized Kickboard • FINS (see size chart) • Extra Small Strokemaker™ Paddles
<p>Age Group Yellow</p>	<ul style="list-style-type: none"> • Jr. Sized Kickboard • FINS (see size chart) • Extra Small Strokemaker™ Paddles • Swimmer Snorkel Jr. Sized • Jr. Sized Pull Buoy
<p>Junior Prep</p>	<ul style="list-style-type: none"> • Jr. Sized Kickboard • FINS (see size chart) • Swimmer Snorkel • Strokemaker™ Paddles • Jr. Sized Pull Buoy
<p>Age Group</p>	<ul style="list-style-type: none"> • Jr. Sized Kickboard • FINS (see size chart) • Extra Small Strokemaker™ Paddles • Swimmer Snorkel Jr. Sized • Jr. Sized Pull Buoy
<p>Age Group Elite</p>	<ul style="list-style-type: none"> • Jr. Sized Kickboard • FINS (see size chart) • Strokemaker™ Paddles (see size chart) • Swimmer Snorkel • Jr. Sized Pull Buoy • Parachute Red 8 inch
<p>Seniors</p>	<ul style="list-style-type: none"> • Jr. Sized Kickboard • FINS (see size chart) • Strokemaker™ Paddles (see size chart) • Swimmer Snorkel • Jr. Sized Pull Buoy • Parachute Red 8 inch (most athletes) or 12 inch • Drag Sox • 2 Tennis Balls

<p>Jr. Sized Kickboard (for all groups)</p>	
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FINS



Size Chart

TYR UNISEX SWIM FINS

Size	Small	Medium	Large	X-Large	2X-Large
US Men's	5-6	6-7	8-9	10-11	12-13
US Women's	6.5-7.5	7.5-8.5	9.5-10.5	11.5-12.5	13.5-14.5
UK	4-5	5.5-6.5	7-8	8.5-9.5	10.5-11
EU	37/38	39/40	41/42	43/44	45/46

Strokemaker™ Paddles or Flat Alternative (see size chart)

SIZE 0 For advanced swim classes and young age-groupers, ages 5-10 and all ages as finger tip paddles.

SIZE 0.5 For 9-11 year old age-groupers, female masters, synchro, and all ages finger tip paddles or higher tempo drills.

SIZE 1 For 9-13 year old age-groupers, high school girls and stroke swimmers, female masters and triathletes, synchro, water aerobics/rehab and high tempo drills.

SIZE 2 For older age-groupers, younger high school boys, older high school girls (freestyle), college men (stroke)/womoutfree, masters, triathletes, synchro and water aerobics/rehab.

SIZE 3 For senior national level girls, older high school boys, strong college women (free), college men (free/stroke), male masters/triathletes, synchro, water aerobics/rehab and body surfing.

SIZE 4 For senior national level men, college men, very strong college women, advanced male triathletes/masters, technique and cycle count drills for advanced swimmers, water aerobics/rehab and body surfing.

SIZE 5 For very strong college men, advanced/strong male masters and triathletes, technique and cycle count drills for advanced swimmers, water aerobics/rehab and body surfing.

Swimmer Snorkel (Jr. Sized or Regular)



Jr. Sized Pull Buoy (for all groups)



<p>Parachute (red 8inch (most athletes), navy 12inch)</p>	
<p>Drag Sox</p>	
<p>Tennis Balls</p>	