



YMCA Kraken Senior Group Equipment



All swimmers are expected to have their equipment daily.
Please check your gear bags to make sure you have the following equipment. If you need replace items, please order them quickly.

<u>Equipment</u>	<u>Image</u>	
Water/Gatorade		Be sure to bring something for hydration every day!!
FINS **if you need to order new, short fins preferred		Can be found on Amazon or Swim Outlet
PULL BUOY		Can be found on Amazon or Swim Outlet
PADDLES **be sure to check size charts *Stroke Makers or Finis are recommended		Can be found on Amazon or Swim Outlet

SNORKEL *there are many different brands,		Can be found on Swim Outlet or Amazon
AquaVolo DRAG SOX *either 30 or 45 resistance		https://store.aquavolo.com/
FINIS TEMPO TRAINER *supply/quantity can vary - so purchase when you can! Will use for UWS and setting tempo for races.		Can be found on Swim Outlet or Amazon.

Special Note about snorkels - if you have an old one and it has not been used in awhile...purchase a new one or disinfect it before using it!! 😊

If you need help finding any of the gear, please ask for help!