

Equipment Needs by Practice Level Group for YMCA of the Jersey Shore Swimmers

All swimmers regardless of age must always have a **water bottle** (re-usable water bottle not plastic), **goggles** (more than one pair), **black JSY practice cap** (extra one in bag), **competitive swim suit** (not team suit, team suit only worn at meets). All equipment should be labeled with swimmer's name and brought in a mesh bag. Equipment can be purchased at Sport Spot in Shrewsbury, 660 Broad Street (Route 35 across from The Grove). Sport Spot will be at all sites in September with suits, caps, etc..

In addition to the items mentioned above, please see additional equipment required by practice level group:

8 and unders – Fins (Z2 Zoomers)

9/10 White – Fins (Z2 Zoomers), Paddles (Speedo Power Paddle Plus or Stroke Maker)

9/10 Red – Fins (Z2 Zoomers), Paddles (Speedo Power Paddle Plus or Stroke Maker), Snorkel (Speedo Bullet Head)

Jr2/Jr3 – Fins (Z2 Zoomers or Arena Pro Fins), Paddles (Speedo Power Paddle or Stroke Maker), Snorkel (Speedo Bullet Head)

Jr1 - Fins (Arena Pro Fins preferred), Paddles (Speedo Power Paddle or Stroke Maker), Snorkel (Speedo Bullet Head)

Seniors - Fins (Arena Pro Fins), Paddles (Speedo Power Paddle or Stroke Maker), Snorkel (Speedo Bullet Head), Pull Buoys, Kickboard

Equipment for Meets – JSY team suit, **Red JSY** meet cap (if swimmer wears cap)