

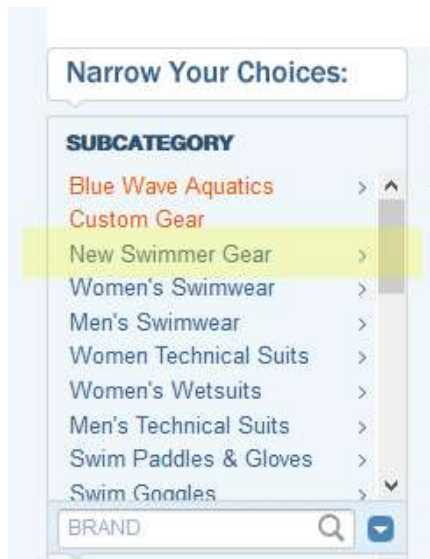
# Gear List

Swim gear can be so confusing and expensive – hopefully, this list will help clarify why we recommend what we recommend and where to buy it.

## Places to Shop

### Swim Outlet - <http://www.swimoutlet.com/BlueWaveAquatics>

We have a Blue Wave Aquatics store through SwimOutlet. Swimsuits and swim gear have been selected for our team based on the feedback from our swimmers. The suits and gear work well with our swim lessons and hold up over time.



A special category has been set up for NEW SWIMMERS that have no gear. Swimsuits, paddles, fins, snorkels and any other item you would want. These items are not required for swimming but are helpful to improve your swimming ability.

To find the NEW SWIMMER GEAR go to <http://www.swimoutlet.com/BlueWaveAquatics> and look for the 'NEW SWIMMER GEAR' under subcategories.

## Swim Suits

If you plan on swimming more than one session of lessons or are on swim team we recommend investing in a polyester or nylon blend suit. They maintain colors, shape and fit many times longer than lycra suits.

**Women's Fit** – you want to be comfortable and make sure there isn't any gapping in the fabric or it feels loose when dry. If it is loose when dry it will be loose when wet. If the suit is uncomfortable when dry it will only get worse in the water. There are suit styles for everyone – thin straps, thick straps, revealing or covering it up, wild and crazy or plain – pick the suit that you will be comfortable with. Brands we recommend: Speedo, TYR, Dolphin, Blue Seventy and Arena.



These items are available in NEW SWIMMER GEAR subcategory

**Men's Fit** – Please get a swimsuit if you plan on swimming more than one set of lessons or are on swim team. Board shorts are fine but hard and heavy to swim in. Suits that are polyester or nylon blend tend to last longer and hold their shape and color. For the modest swimmer go with the Jammer style suit which looks more like bicycle shorts. You will see men in both jammers and briefs – it is completely up to you what you want to wear. Brands we recommend: Speedo



These items are available in NEW SWIMMER GEAR subcategory

## Goggles

Everyone has their own favorite brand of goggles and you will need to try on a few pairs before you find yours. A safe bet with most swimmers is the Speedo Vanquisher, it seems to fit everyone most often. The Speedo Vanquisher comes in both men's and women's sizes, offer different colors and offer prescription goggles. Mirrored smoke goggles are good for outdoor swimming, clear goggles are good for indoor swimming. Invest in a pair of mirrored goggles if you are planning on swimming open water this summer.



These items are available in NEW SWIMMER GEAR subcategory

## Nose Plugs

New swimmers find nose plugs helpful while they learn how to hold their breath and when to breath. Here are a couple examples of nose plugs, there are plenty to choose from so do your research.



## Fins

We recommend talking to your Coach before purchasing fins. While fins are great for swimming if you get the wrong type of fin you can impair your swimming or cause injury. Lane mates might have fins that you can try before buying.



**SALE**  
Arena Powerfin Pro Swim Fins

★★★★★ (8)



**SALE**  
Arena Tech Fin

★★★★★ (12)



**SALE**  
FINIS Floating Swim Fins

★★★★★ (80)

**Foot Type: Preexisting weakness, pain in legs, ankles or feet**

**Foot Type: Preexisting weakness, pain in legs, ankles or feet**

**Foot Type: Standard foot and heal**

These items are available in NEW SWIMMER GEAR subcategory

## Paddles

We recommend talking to your Coach before purchasing paddles. While paddles are great for swimming if you get the wrong type, it can impair your swimming or cause injury. Lane mates might have paddles that you can try before buying.



Strokemaker Paddles #0/XXS  
Purple (Ages 5-10)

★★★★★ (7)



Strokemaker Paddles #0.5/XS  
Orange (Ages 8-11 & Female Masters)

★★★★★ (28)



Strokemaker Paddles #1/S  
Azure Blue (Ages 9-13 & HS Girls)

★★★★★ (51)



These items are available in **NEW SWIMMER GEAR** subcategory

## Caps



BlueWave Aquatics



Caps are great for keeping your hair out of your face. Caps are optional and there are a couple different things to consider:

**Latex caps** run between \$2.00 - \$5.00, they have a tight fit and can last between 1 – 3 months depending on how you care for them

**Silicone caps** run between \$10.00 - \$20.00, they have a smooth softer texture and are thicker than latex. They are easy to care for and look new until they break. Silicone caps do typically last much longer than latex.

The Coaches will usually have caps with them on deck or they can be purchased online through your Club Assistant account

[https://www.clubassistant.com/club/login\\_form.cfm?c=1400](https://www.clubassistant.com/club/login_form.cfm?c=1400) under Order Now.

## Gear Bags, Backpacks and Other Storage Ideas

Gear bags are great to hold your wet stuff together, the mesh holes allow things to dry out a bit quicker than if they were stuffed in a backpack. Swim Outlet 'Gear Bags' page offers the mesh gear bags, duffle bags, back packs and other ideas to store your gear. <http://www.swimoutlet.com/searchresults.asp?Search=gear+bags&checkRealSearchInput=Y>

## Pull Buoys and Kick Boards

Pull Buoys and kick boards are available at most pools. If you are interest in purchasing them here are the pages on Swim Outlet to see what is available:

Pull Buoys - <http://www.swimoutlet.com/pull-buoys-c9664/?Search=SAYT-pull+buoys>

Kick Boards - <http://www.swimoutlet.com/kickboards-c9661/?rd=N&Search=kick%20boards>