

# CIA EQUIPMENT LIST—Age Group 3 & 4

## SWIMMER EQUIPMENT LIST Recommendations

### Mesh Bag

To hold all swimmers equipment

### Goggles

2 pair of goggles

### CIA Swim Cap

2 CIA swim caps for practice/meets

### Snorkel

Speedo Jr. Bullethead Swim Snorkel—no valve

Red=Jr size

Yellow=Adult size



### Nose Clips (2)

Clips also encourage more efficient breathing and can help swimmers hold their breath underwater when they do dolphin kick. Backstrokers in particular can benefit from them.

Find one that works for your swimmer.

### Fins

Any Short fins will work

### Pullbuoy

Smaller PullBuoy

### Kick Board

Not a huge board, smaller ones do the trick

### Water bottle

