



Level 3 Practice Equipment List



****Unless otherwise noted, all items can be purchased at The Swim Guy****

Swimsuit

Goggles

Water bottle

(preferably insulated & reusable)

Black Team Cap

(order through Coach Chantal)

Kickboard (from The Swim Guy)



Arena Freeflow Pullbuoy

Arena Swim Snorkel Pro II

(or any swimmer snorkel without a purge valve)



Arena Power Fins

(short fins, not long)

Practice Suit



Suits may be any color/pattern for practice.

Please label all equipment with swimmer's first and last name.