



YMCA of NORTHWEST LOUISIANA Equipment List

The appropriate practice group, listed below, requires the following equipment list. SwimVille USA has these lists on file for when members call in.

ALL-Speedo Brand Suit, Team Cap, & Goggles

Level I

Trialon Fins-optional but encouraged
Mesh Equipment Bag - optional

Level II

Trialon Fins
Mesh Equipment Bag - optional

Level III

Trialon Fins
Bullet Head Snorkel (Nose Clip-optional)
Mesh Equipment Bag

Level IV

Short Blade or Switchblade Fins
Bullet Head Snorkel (Nose Clip-optional)
Pull Buoy

Level IV-continued

Power Paddles

- Ladies-Small
- Boys-Small or Medium

Mesh Equipment bag

Level V

Short Blade or Switchblade Fins
Bullet Head Snorkel (Nose Clip-optional)
Pull Buoy or Pull-Kick
Power Paddles

- JR High
 - Ladies-Small
 - Boys-Medium
- High School
 - Ladies-Medium
 - Boys-Large

Mesh Equipment Bag

All Groups – All swimmers are encouraged to have a time record system. This may be a Best Time Booklet, available from SwimVille USA or a simple notebook. All swimmers are encouraged to record, keep track and know their own times.

Swimmers are responsible to have all equipment at daily practice sessions. They are responsible for proper care and storage for all equipment. Names should be clearly written, with permanent marker, on all equipment. The YMCA has no secure storage for this equipment. Senior Swimmers are storing equipment at the practice site at their own risk. This is not recommended.