



Lionville Community YMCA
Competitive Swimming Equipment
<http://www.lcyswim.org>

Water Bottle

Allows for proper hydration of athlete during practice sessions. Easily accessible poolside to prevent interruption of practice.



Speedo Mesh Equipment Bag

Keeps training equipment accessible to the swimmer. Mesh allows for proper drainage of water, promoting drying of equipment.



Speedo Trialon Rubber Swim Fins

Power efficient rubber swim fin design. Long curved fin blade translates the lightest kick into a forward thrust.



Speedo Optimus Training Fins

Notched rubber training fin allows for the uninterrupted natural flow of a flutter kick. Orthopedic foot pockets for comfortable extended workouts.



Speedo Pull Buoy 2 or Jr. Pull Buoy 2

Develops upper body strength and proper alignment in the water during practice. Buoy is held between legs to neutralize kicking motion and increase upper body strength.
Select Correct Size for Individual Swimmer.



Speedo Power Paddles

Great for developing stroke technique and upper body strength. The paddle's design increases the surface area of the user's hand, thus providing more resistance for better training.

See Competitive Aquatic Director for sizing.



Lane 4 Center Snorkel

The center mount Adult Swimmer's Snorkel over the face design allows a swimmer to use goggles while swimming with a snorkel. Great for working on stroke technique or especially for neck injuries where turning to breathe is problematic.



RED TEAM	BLUE TEAM	YELLOW TEAM	GREEN TEAM
✓	✓	✓	✓
✓	✓	✓	✓
✓	-	-	-
-	✓	✓	✓
✓	✓	✓	✓
-	-	✓	✓
-	-	-	✓