

Equipment for swimming:

You will need a water bottle, float, pull-buoy, fins and snorkel, not to mention costume and goggles (a spare pair of goggles is always useful as is a bag to put everything in).

At club sessions the club will provide some floats and pull-buoys, if you want to provide these for yourself for use outside of club sessions please do so.

Floats – swimmers love a big float, they aren't necessarily best for two reasons:

- (a) They put the body in a non-natural swimming position so what you are practising is not as relevant for the required improvement.
- (b) They can stress shoulders and make injury more likely

Pull-buoys – again must be related to swimmer's size, most swimmers have too big a pull buoy and again it does not then allow optimum improvement.

Fins – these should be short fins to develop more power with your kick, the club may have some fins in normal sizes, but clearly your own will fit better and definitely be available.

Snorkel – used to allow swimmers to breathe when doing FC and allow development of stroke, should be a specialist swim snorkel. Search for “**swim snorkel for training**” on Amazon to see the variation in price, colour, etc., etc., it is different to a normal snorkel in that the breathing tube goes straight up the face.

Water Bottle – fill with water or non-sugared flavoured drink. This should be drunk in sips spaced throughout the session.

If any help is needed please speak to one of our coaches.

Locally Wirral Sports stock the above items and will give a 15% discount to club members:

Under “Swimming & Triathlon” - [Wirral Sports - Swimming](#)

Look in “swim fins” and “swimming training aids” to find the above items