

GOLD SQUAD

SWIMMING EQUIPMENT REQUIREMENTS

01 Goggles

Competitive Vorgee, Speedo or Arena goggles - (not mask goggles)



02 Short Fins

DMC - Ocean & Earth

03 Kickboard

Speedo Eva Kickboard



04 Pull Buoy

Adult Vorgee cut in half lengthwise

05 Front Snorkel

Michael Phelps or Arena for best fit



06 Hand Paddles

Speedo Tech Paddle or TYR Catalyst

07 Swimming Cap

Purchase from the Club once registered as a Member



Skipping rope

Any decent skipping rope for fitness
 Rebel Sports sell this version



08

09 Drink Bottle

Keep hydrated!



10



Mesh Bag

To store your equipment in