



OADBY AND WIGSTON SWIMMING CLUB

EQUIPMENT DETAIL

Equipment	Description	Where to Buy
Mesh Bag	Quick-drying mesh bag for carrying wet gear.	ProSwimwear UK, Decathlon, Amazon UK.
Kick Board	Foam board for leg isolation and kicking practice.	ProSwimwear UK, Decathlon, Amazon UK.
Fins	Short-blade training fins to improve leg strength and kicking technique.	ProSwimwear UK, Swimshop.co.uk , Amazon UK.
Pull Bouy	Foam flotation device to isolate arms and improve stroke technique.	ProSwimwear UK, Swimshop.co.uk , Amazon UK.
Hand Paddles	Plastic paddles for building upper body strength and refining stroke mechanics.	ProSwimwear UK, Swimshop.co.uk , Amazon UK.
Central Snorkel	Front-mounted snorkel for practicing body alignment and stroke technique.	ProSwimwear UK, Amazon UK, Swimshop.co.uk
Resistance Band	Elastic bands for warm-ups, strength training, and resistance drills.	Decathlon, Amazon UK, Sports Direct.
Training Parachute	Drag parachute for increasing swimming power and endurance.	ProSwimwear UK, Amazon UK, Swimshop.co.uk