

CENTRAL YORK AQUATICS



# GEAR UP. SHOW UP. SWIM FAST.

BE PREPARED. BE READY. BE YOUR BEST.

HAVING THE RIGHT GEAR HELPS YOU TRAIN BETTER, STAY COMFORTABLE, AND PERFORM YOUR BEST EVERY DAY.

## SENIOR GROUP (A/B)

### REQUIRED GEAR



FINS

SNORKEL

Senior swimmers use fins and snorkels to build strength, improve technique, and maximize their training.

## JUNIOR A

### REQUIRED GEAR

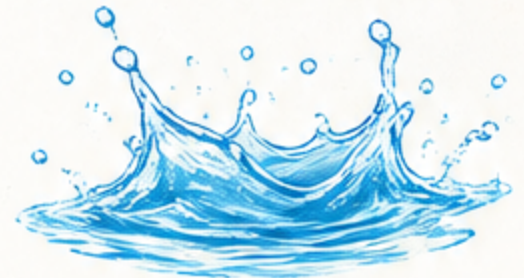


FINS

Fins help Junior A swimmers build power and kick efficiency in the water.

## JUNIOR B

### NO ADDITIONAL EQUIPMENT REQUIRED



Junior B swimmers just need the basics to have a great practice and learn the skills they need to grow!

## BASICS EVERY SWIMMER NEEDS



SWIMSUIT  
(PRACTICE SUIT)



GOGGLES  
(BRING AN EXTRA PAIR IF POSSIBLE)



TOWEL



WATER BOTTLE  
(CLEARLY LABELED)



TEAM CAP  
(IF PROVIDED / REQUIRED)



POSITIVE ATTITUDE & READINESS TO WORK!

## OPTIONAL BUT HELPFUL



KICKBOARD  
(PROVIDED AT POOL IF NEEDED)



PULL BUOY  
(PROVIDED AT POOL IF NEEDED)



EXTRA GOGGLES

## GET YOUR GEAR AT

**SWIMOUTLET**  
.com



SHOP NOW AT [SWIMOUTLET.COM](http://SWIMOUTLET.COM)

ONE TEAM. ONE GOAL. CENTRAL YORK AQUATICS.