



Swim training equipment 2016-17

ALL Squads to bring to each session:

- **Water bottle**

- **Fins:**
 - The coaches would like swimmers to use **Finis Zoomer Gold Fin** (these have a very short blade). However many swimmers already have other longer bladed fins and the club is NOT asking swimmers to replace these. However if you are getting new fins at any stage please replace them with Finis Zoomer Gold Fins.
 - New members may prefer to purchase other fins which are less expensive as long as they are fins for swim training (eg as sold by Gottos). Snorkelling fins (very long blades) are not suitable.

- **Float:**
 - size approx. 450mmx285x35mm. Any brand.

- **Pull buoy:**
 - Any brand

- Recommended to bring in a **Mesh bag**

In addition Junior 2 & 3, Development, Age Group and Performance Squads to bring to each session

- Snorkel
 - **Must be forward facing** (Speedo/ Finis)

Development/Age Group/ Performance Squads

- Paddles:
 - **Must be FINIS AGILITY PADDLES – most will be size small**

ALL THE KIT ABOVE CAN BE PURCHASED FROM:

GOTTO SPORTS, 72 Stranmillis Rd, Belfast BT9 5AD Tel: 9038 1722

Or purchase online at www.gottosports.com

If it is not in stock they can order it in for you. Ask Stephen Higgins.

PLEASE BE SURE TO MENTION YOU ARE CITY OF BELFAST SWIM CLUB MEMBERS TO GET A 10% DISCOUNT OFF RRP AND THIS WILL ALSO EARN COMMISSION FOR THE CLUB. THE SAME APPLIES WHEN PURCHASING ANY SPORTS EQUIPMENT / SCHOOL UNIFORM etc.