

Blue Wave and Tri Time Lessons Product Recommendation List

All products shown and much more can be found on Blue Wave Aquatics Affiliate page <http://www.swimoutlet.com/SearchResults.asp?Search=home&checkRealSearchInput=Y&Search.x=0&Search.y=0>

Please note the price doesn't always mean whether a product is good or not. Once you have the initial investment for fins and paddles max of \$80-\$120 They are usable until you lose them or they rot.

Swim Suits:

If you plan on swimming more than one session of lessons invest in a polyester or nylon blend suit. They maintain colors, shape and fit many X's longer than a lycra suit.

Women Fit:

You want to be comfortable and make sure there isn't any gapping in fabric or feels loose dry. It will get worse in the water. Same with if the suit is uncomfortable on dry it will be bad in the water. There are revealing and modest suit types wild and plain. You're your style. I would stick to Speedo, TYR, Dolphin, Blue Seventy, and Arena since the fit is pretty standard. The Sporti suits are less expensive and seem to run bigger so consider buying a size smaller if you are going to get one (they are not bad suits)

http://www.swimoutlet.com/product_p/7857.htm

http://www.swimoutlet.com/product_p/7555.htm

Men's Suits:

Please get a swimsuit if you plan on swimming more than one set of lessons. Board shorts are fine, but hard and heavy to swim in. As the ladies pick a suit that is polyester (Speedo's name is Endurance for the blend) or nylon blend. They will last longer as well as hold color and shape longer. For the modest go for the Jammer style suit, which looks more, like a bicycle short. Or the brief if you feel comfortable. Both styles are worn on personal preference.

http://www.swimoutlet.com/product_p/7886.htm

http://www.swimoutlet.com/product_p/1438.htm

Blue Wave Team Suit:

<http://www.swimoutlet.com/BlueWaveAquatics>

The suit is the Speedo Aqua Sites:

Womens:

List Price: \$82.00 Our Price: \$73.95 Sale Price: \$64.95 You Save \$17.05!Brand:
SpeedoSKU: 8191213

Mens:

List Price: \$52.00 Our Price: \$46.95 Sale Price: \$39.95 You Save \$12.05!Brand:
SpeedoSKU: 8051208

Goggles: Everyone has a favorite brand of goggles and you need to go trial and error.
Based on our experience
The Speedo Vanquisher fits everyone the most often

Comes in women's and men's sizing
Different Colors
Prescription Options
Mirrored smoke for outdoor swimming



http://www.swimoutlet.com/product_p/1130.htm?color=210

Caps: Optional and personal preference for latex or silicone
Latex: \$2-\$5.00 tight fit, last 1-3 months depending on how you care for them
Silicone: \$10-\$20 Smooth softer texture, thicker than latex, easy care and looks new
until they break. Can last much longer than latex

We have Blue Wave Caps you can purchase from us \$5 for Latex and \$15 for
silicone

http://www.swimoutlet.com/product_p/2875.htm
http://www.swimoutlet.com/product_p/1253.htm

Fins:

For wide heal bed
http://www.swimoutlet.com/product_p/1269.htm



Regular sized foot and heal

http://www.swimoutlet.com/product_p/22453.htm



Pre Existing weakness and pain in Legs, Ankles or Feet

Aqua Sphere Blue Foam like

On swim outlet site

http://www.swimoutlet.com/product_p/5265.htm

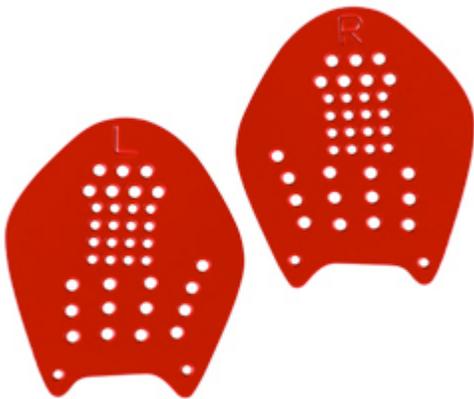
Develop more power from already good kick:



Paddles:

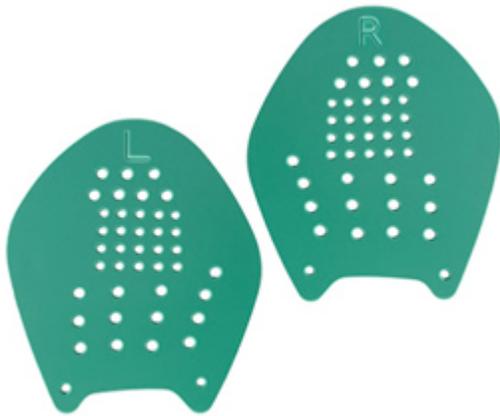
.5 Red Stroke Makers for swim lesson women and or master's women who want to baby step back into paddles

http://www.swimoutlet.com/product_p/1230.htm



1.0 Green Stroke Makers for Swim Lesson men, and Masters women

http://www.swimoutlet.com/product_p/1231.htm



There are larger stroke makers but not any picture. Please use your best judgment and read the description to make sure the size is right for you.

Finis Freestyler: Masters men and women NO SWIM LESSONS!

http://www.swimoutlet.com/product_p/1287.htm



Gear Bags:

If you want to hold your wet stuff together and the mesh holes allow things to dry out a bit.

Pull Buoys and Kick Boards are optional:

Most facilities have them for loan, but if you want your own go for it. They are not expensive just a little bit more to pack around.