What do I need for Hurricanes Learn to Swim?

Class Level	Needs:	Optional:
Level 1	Snug fitting swim suit (1 piece preferred) Towel	Swim Cap (Recommended for all) Goggles (Recommended for all) Ear Plugs *(When recommended by Doctor or Coach)* Nose Plugs *(When recommended by Coach)*
Level 2	Snug fitting swim suit (1 piece preferred) Goggles (Adult or Junior size) Swim Cap Towel	Extra Cap Extra Goggles Ear Plugs *(When recommended by Doctor or Coach)* Nose Plugs *(When recommended by Coach)*
Level 3	Snug fitting swim suit (1 piece preferred) Goggles (Adult or Junior size) Swim Cap Swim Fins (Long, floating style) Towel	Extra Cap Extra Goggles Ear Plugs *(If they used previously or Doctor recommendation)* Nose Plugs *(When recommended by Coach)*
Category 1 *(This is not a Learn to Swim Program but is the next step for most of our swimmers)*	Competition style training suit Goggles (Adult or Junior size) Swim Cap Swim Fins (Long, floating style) Junior Size Kickboard Towel	Extra Cap Extra Goggles Ear Plugs *(If they used previously or Doctor recommendation)* Nose Plugs *(When recommended by Coach)*

Please label equipment to avoid loss and confusion with other swimmers!

Where to Buy

Finding swim gear locally can be a challenge. Most stores (Target, Walmart, Dicks's Sporting Goods and Academy Sports) in Columbus only stock it during the summer season or only have recreation style/quality equipment that looks similar but is not well suited for swim training. Team parents suggest Swimoutlet.com (their Sporti brand is inexpensive and reliable for new swimmers) and Amazon.com as easy places to find gear.

Practice Equipment Descriptions

Below you will find descriptions and photos of all the equipment typically used during our learn to swim classes and tips for best choices:

Swim Suits for Lessons:

We encourage swimmers to come to lessons in a **snug-fitting**, one piece suit. This will ensure that the suit stays in place during activities and does not impede the swimmer's movements. The extra fabric from tshirts, sun shirts, skirts or ruffles can make it harder for your swimmer to practice the skills they need, so we recommend avoiding those whenever possible.

If your swimmer transitions to year-round swimming, they will need a competition-style suit (shown at the very end of this list), but for lessons any snug-fitting suit that allow them to be ACTIVE is fine with us!



200+ bought in last month
$18.00
When purchased online
Art Class Boys' Swim Shorts
4.6 ★ (40)



500+ bought in last month
$15.00
When purchased online
Cat & Jack Boys' Sealife Trunk Swim Shorts - Cat & Jack™ Aqua Blue



100+ bought in last month
$20.00
When purchased online
Cat & Jack Girls' Floral One Piece Swimsuit - Cat & Jack™ Blue/Pink/Yellow



100+ bought in last month
$20.00
When purchased online
Cat & Jack Girls' Colorful Crinkle Solid One Piece Swimsuit - Cat & Jack™ Purple

Goggles for Lessons

Goggles are very useful for new swimmers, and we encourage them in Level 1. By Level 2 and 3, all swimmers should be using them. Speedo, TYR, Dolfin, and Sporti are all reliable brands, but any goggle brand will do as long as they are competitive racing goggles that cover just the eyes. We recommend looking for ones with rubber, latex or silicone gaskets around the eyes as they work better than foam. Junior sizes are best for 3-7ish years of age. By age 8, many kids will be able to wear standard, adult sized goggles. We do not recommend face-mask-style goggles or scuba-style googles that cover the nose as both of these impede breathing and restrict head and arm movements.



Swim Caps for Lessons

We encourage kids to wear caps since hair dripping in their face and eyes can make it harder for them to breathe and see while swimming. Caps also protect hair from chlorine damage. While they feel tight at first, most kids get used to them quickly. We recommend snug-fitting latex or silicone styles. Junior/Child sizes are useful for kids under 7 years old. By age 8, most kids will wear an adult size cap. Long hair styles are also available that have extra volume all over or with space for a bun or braid in the back. Since caps break at the most inopportune times, we suggest having an extra on hand.



Long Hair Caps, bun style and extra room all over style:





Fins (Recommended for Level 3)

Any brand will do – no Scuba-style fins. We recommend SwimOutlet's Sporti brand Long Blade Swim Training fins (softer and more flexible) for Level 3 and Cat 1/2/3 swimmers. We do have some loaners for new swimmers, but if fit is an issue, we recommend purchasing for your swimmer. *We do not recommend scuba-style or recreation fins with rigid feet or fins, adjustable back straps or clips as they tend to break in practice, sink to the bottom of the pool, and are harder for swimmers to get on or adjust.*



Ear Plugs (when recommended) Ear plugs are most often used based on doctor's guidance for tubes or other ear concerns. However, we will also sometimes recommend earplugs for kids that are struggling to progress in this area – sometimes water in the ears just feels weird! Using earplugs and tucking it all under a cap can be very effective at helping a swimmer relax and be more successful during practice.	 
Nose Clips (when recommended) We encourage most kids to learn to swim without nose plugs to develop confidence and comfort in the water. However, if a swimmer is struggling to overcome this, the coaches will recommend trying the nose clip.	 
Competition-style boys' training suit (Year-Round Swim Team) Either a Jammer or a Brief style suit. No board shorts, loose-fitting or see-through suits. *If different suits are needed for medical or religious reasons, please reach out to us to ensure they are permitted at USA Swimming competitions.*	 
Competition-style girls' training suit (Year-Round Swim Team) One piece training suit, any brand. No loose-fitting or see-through suits. Tie-back suits are permitted for practice, not meets. *If different suits are needed for medical or religious reasons, please reach out to us to ensure they are permitted at USA Swimming competitions.*	