




CBD Fast Forward – Starter Equipment

Equipment Bundle

One of the key tenets for the CBD Fast Forward swim class is that we can use technology and training aids to accelerate your learning. These tools will provide you the same kind of instantaneous feedback that you can get in land-based sports. By combining the real-time feedback from these tools with the benchmark data in our performance sets, you can get an individualized view of how your practice went and how well you are tracking toward your goals.

You **must** purchase the following training and support aids to participate in the CBD Fast Forward swim class. We recommend purchasing these products through the CBD Pro Shop at our Swim Studio in person or over the phone because we provide a discounted bundle rate. If you already have some of these items, we will discount the total costs to reflect the omission of that tool.

The total cost of the bundle is \$115 – a savings of \$45 off the retail price if bought individually.

	<p>Finis Swimmer Snorkel</p>	<p>One of the best training aids around to improve your swimming technique, bar none! This tool will help you work on your timing and body alignment without having to worry about the roll-to-breathe. It will also encourage proper neutral-spine head position since that is the most comfortable position for the snorkel.</p>
	<p>Z2 Gold Zoomers</p>	<p>Having a pair of fins is a great training aid for three reasons: (1) it will encourage a relaxed, long leg in a tight tube, (2) it will provide a slight lift on the back end to make allow you to relax and focus on other parts of your mechanics and (3) the added speed changes the feel going through the water. The Z2 fins are large enough to add some speed and resistance but not so large to slow down your kick.</p>
	<p>Total Immersion Fist Gloves®</p>	<p>Fist swimming is one of the best ways to improve your swimming mechanics. By taking away the feel of your hands, you will be forced to move away from an “arm-dominated” style of swimming to a “whole-body” style of swimming. Good for arm, leg, and hip connection as well.</p> <p>Fist Gloves will hold your hand in a fist without the usual strain of balling up your hand for long distances. The glove will also take away the feel of your hand and get you to rely on your whole body to swim. The best part: when you take them off, your hands will feel like frying pans!</p>

	<p>Snorkel Dry Top</p>	<p>A little device that you mount on the top of your snorkel to keep water from getting into the snorkel. When doing drills like Zipper-Skate that dip you under-water, you won't fill the breathing tube and come up coughing with watery eyes. Bonus!</p>
	<p>Nose Clip</p>	<p>A little add-on in the bundle for those who need to learn how to keep water out of the nose while using the snorkel. It takes a little practice to do, and the nose clip can help in the short term when you are learning how to balance the pressure in your nose.</p>
	<p>Tempo Trainer Pro</p>	<p>The Tempo Trainers is a critical tool to help you establish a stroke and learn to make it faster. In our Beginner Class, we will use the Tempo Trainer in two ways: (1) we will use it to set an even stroke and work out dead spots and (2) we will use it to slow down your cadence to lengthen out your stroke and get your count into a better range.</p>
	<p>Blue Mesh Gear Bag</p>	<p>This is a lot of equipment, so you'll need a place to put it. Why not put it in a Blue Dolphin Blue Mesh Gear Bag? The mesh allows your wet items to dry. A little zipper-pocket at the top provides a place to put keys, ID cards, and other small items like Tempo Trainers that you don't want to search for around all of your gear.</p>