



**FINIS**<sup>®</sup>  
2012 CATALOG



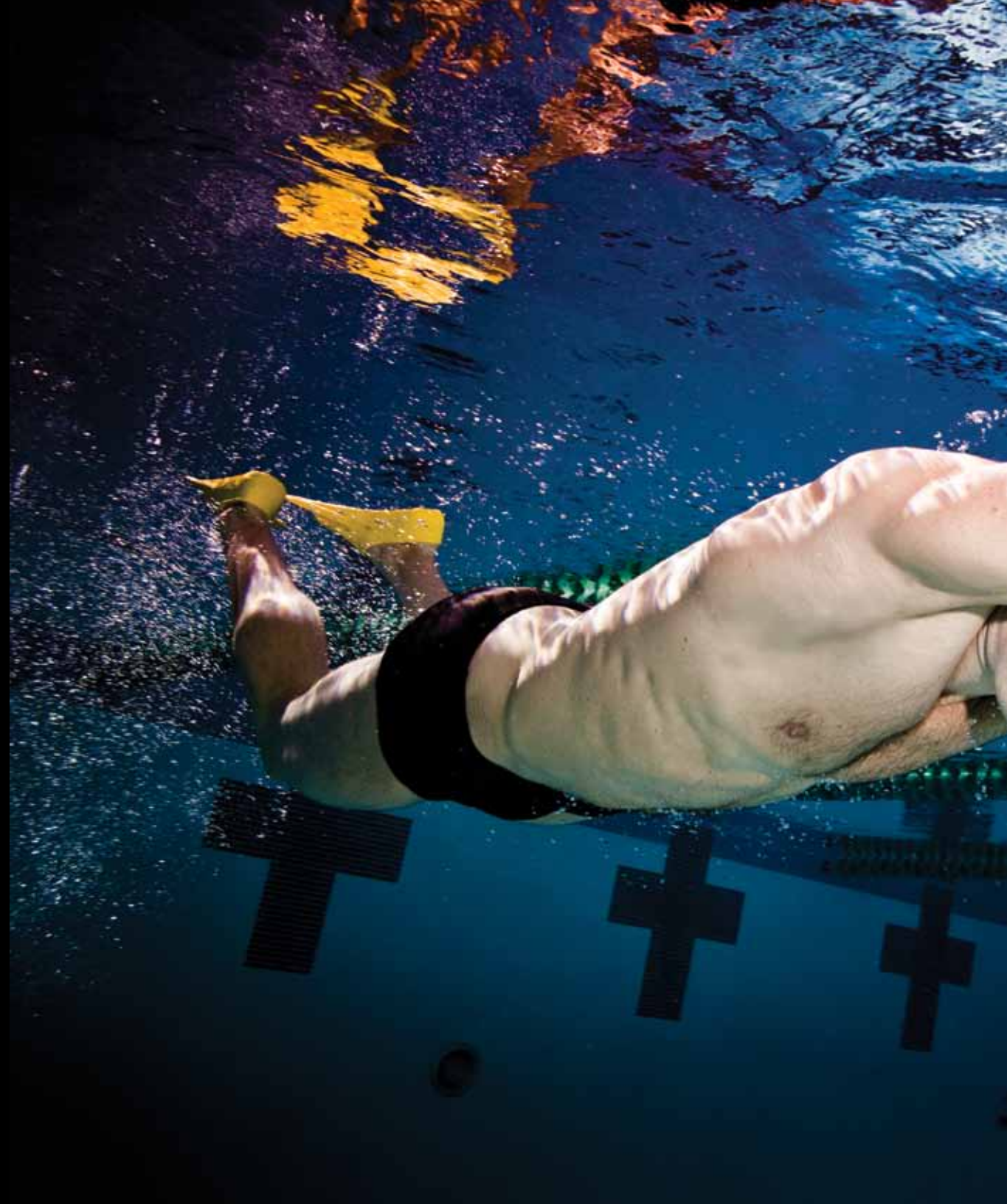
## ABOUT FINIS

Founded in 1993 in Northern California, FINIS was started by John Mix and Olympic Gold Medal Swimmer Pablo Morales. The Monofin and the Swimmer's Snorkel were the first products they developed for the US market; afterwards, they continued to focus on creating training tools for swimmers and coaches worldwide. FINIS products are currently available in over 60 countries and are used by US and International Olympic teams, elite triathletes, and fitness swimmers.

Innovative research and design is FINIS' highest priority. This dedication has resulted in truly unique products such as: the Swimmer's Snorkel, which is recognized as the paramount tool to improve a swimmer's technique, the SwiMP3 that uses bone conduction technology to play music instead of ear buds, and the Z2 Zoomers fins, which demonstrate an intimate understanding of swimming musculature, hydrodynamics and engineering.

Visit the FINIS Blog at <http://www.FINISinc.com/blog>

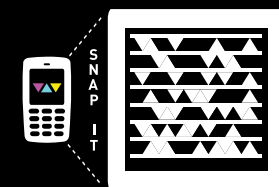
Front Cover:  
Jason Lezak trains and competes exclusively in FINIS swimwear





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### WATCH THE VIDEO

See FINIS products in action. Throughout the catalog you will see this 2D barcode next to certain products. Snap the barcode with your Smartphone to see a video of the product in use. Download the Microsoft Tag Reader App for your phone at <http://gettag.mobi> and get started right away. All videos are also available at [FINISinc.com](http://FINISinc.com).



# NEW PRODUCTS



**Surge Goggles**  
for Openwater | 63



**AquaPulse**  
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**Technique Training Belt** | 38



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**Racing Dome**  
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All Stroke Fins | 18



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**Animal Heads** | 69



**Performance Duffle** | 70



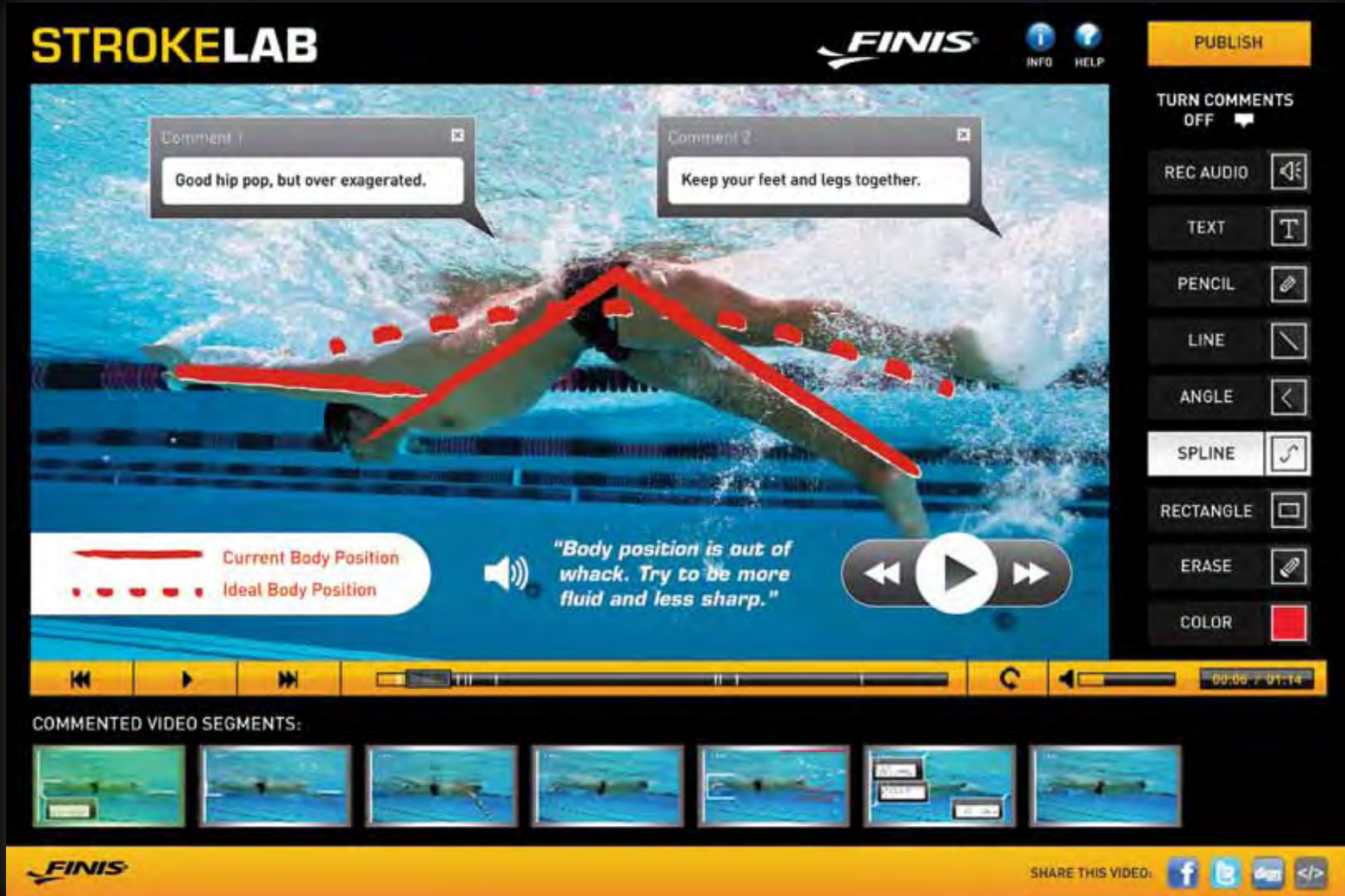
**Custom Mesh Bags** | 58



**Tempo Trainer Pro** | 32



# STROKE LAB



## Stroke Lab

CUSTOMIZED WEB-BASED VIDEO ANALYSIS

Upload your video to a customized website.

Comment, compare, share, and learn how to improve your technique

Learn more at  
[FINISinc.com/StrokeLab](http://FINISinc.com/StrokeLab)



## Team Platform

### Customized Team Page

Coaches can add and manage athletes for easy communication and online video sharing in one place

Setup Fee \$120

1 Month Subscription \$45/mo

3 Month Subscription \$40/mo

6 Month Subscription \$35/mo

12 Month Subscription \$30/mo

## Personal Coaching

### Expert Coaching Analysis

Submit individual videos to world class coaches so you can fine tune your technique

### Personalized Sessions

Coaches provide tips, drills and corrections specific to your swim

Coming Winter 2011



# FEATURES AND BENEFITS

## Text Comments



## Drawing Tools



## Audio Comments



## Side-By-Side Comparison



### Video Analysis

Improve stroke technique by viewing and correcting inefficiencies in stroke

### Web-Based Software

Upload and distribute your videos online; access from anywhere 24 hours a day

### Multiple Video Formats

Compatible with most all computer video files including MP4, AVI, and WMV

### Audio Comments

Coaches or swimmers can easily record audible notes directly on the video for specific feedback



### Text Comments

Make quick annotations to point out stroke flaws and corrections



### Virtual Learning

Video feedback improves motor skill accuracy while retaining learned skills longer

### Drawing Tools

Illustrate stroke flaws in the video by using lines, angles, or a free sketch pencil



### Side-by-Side Comparison

Watch two videos next to each other to see instant progress or compare multiple athletes



### Private Video Sharing

Editor option allows for one-on-one coaching



# New Heart Rate Monitor Changes How Swimmers Train

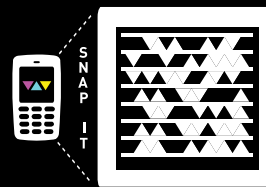
I use the AquaPulse™ Heart Rate Monitor consistently during my training practices. I'm impressed with the quality and accuracy of information.

I can now monitor my underwater kicks, how hard I push off walls and gauge how hard my body is working. This allows me to improve my distance while reducing the load on my body; ultimately this allows me to go faster while using the same amount of energy.

During sets I try to hold my heart rate at a specific target rate and use my heart rate to dictate my rest time. For example, I'll do a series of 50's with my heart rate at 160, every time I rest at the wall I will wait until my heart rate recovers to 120 and then take off again.

The AquaPulse is much easier and more accurate than taking my pulse for 10 seconds and I like how I can adjust how often I hear announcements. I can instantly hear my heart rate at a press of a button that gives me feedback whenever I need it.

Overall the AquaPulse motivates me to work as efficiently as possible. Ultimately, I can say this has changed the way I train.



*Jason Lezak*  
**Jason Lezak**

7-TIME OLYMPIC MEDALIST  
CURRENT WORLD RECORD HOLDER  
2010 PAN PAC GOLD MEDALIST



**NEW**

## AquaPulse™ WATERPROOF HEART RATE MONITOR

**Audible Heart Rate Awareness While you Swim**

**Real Time Audible Heart Rate**  
Heart rate is announced into your ear as you move; no need to pause and look at a watch

**Bone Conduction Audio Announcement**  
Verbally conveys your heart rate through your bones into your inner ear; no ear buds needed

**Waterproof**  
All buttons are waterproof

**Infrared Sensor Technology**  
Picks up heart rate through your earlobe

Style: 1.05.038 | MSRP \$149.99

Patent Pending



# Technical Products





**Swimsense®**  
PERFORMANCE MONITOR

**Make Sense of Your Swim**

**Analyze Workouts**

Review distance, splits, laps, pace times, stroke count, stroke rate, distance-per-stroke and calories burned

**Motion Sensors**

Automatically capture your swim workout as soon as you hit the start button. View current swim workout data and review prior workouts

**Automatic Stroke Type Recognition**

Distinguishes between backstroke, breaststroke, butterfly and freestyle

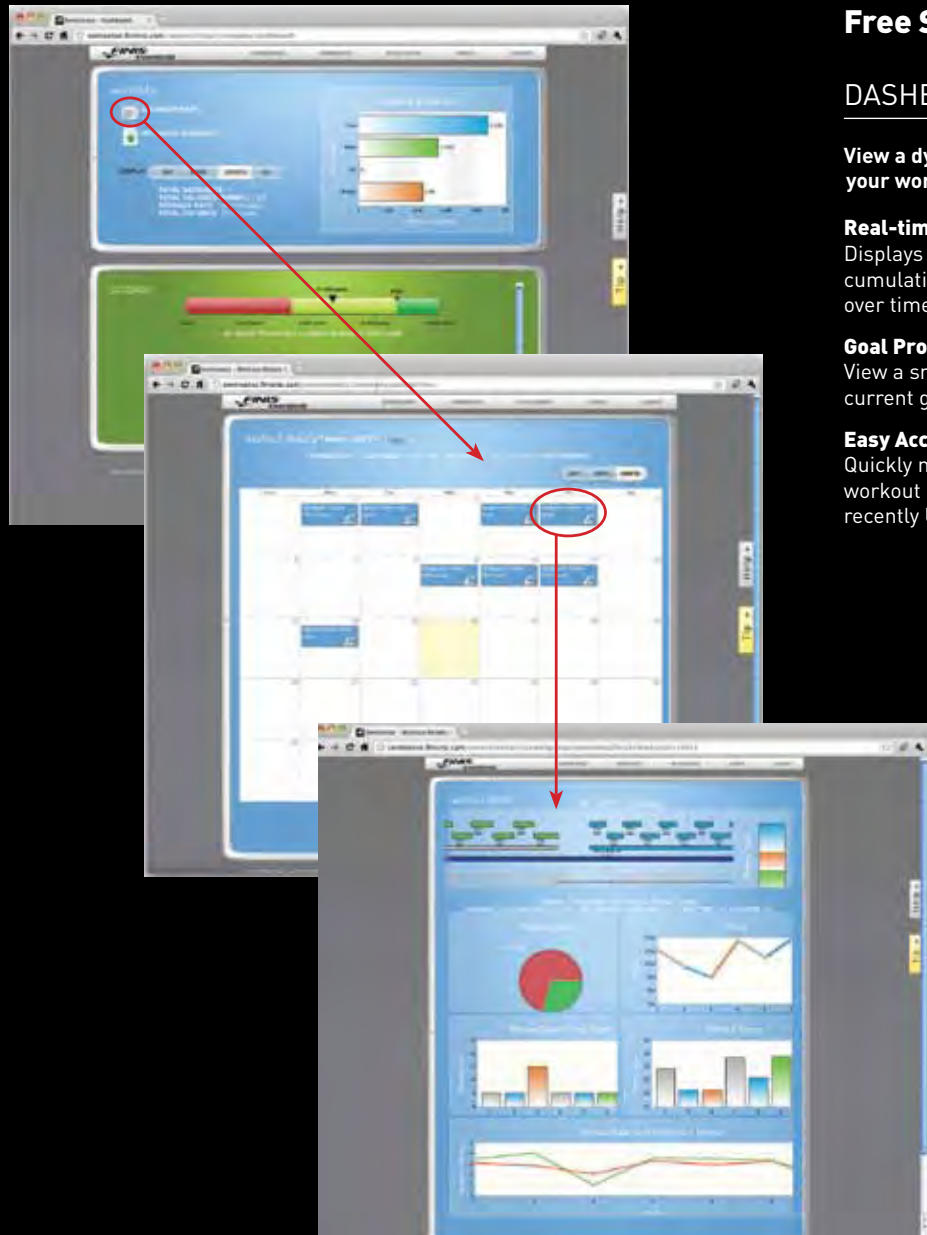
**Performance Training Integration**

Automatically export workout files to TrainingPeaks™, PEAK, SportTracks and other partners

Style: 1.05.054 | MSRP \$199.99

Patent Pending

Powered by **sportsense**



## Free Swimsense® Online Training Log | Swimsense.com

### DASHBOARD

View a dynamic summary of your workout history

#### Real-time Results

Displays an overview of your cumulative swimming stats over time

#### Goal Progress

View a snapshot of your current goal status

#### Easy Access

Quickly navigate to your workout Calendar, Goals, or recently Uploaded Workouts

### CALENDAR VIEW

See a Snapshot of your Training Schedule

#### View Plans and Completed Workouts

Plan training sessions and link them to recently uploaded workouts

#### Quick Summaries

Each workout shows the time and total distance, allowing for easy navigation

#### Multiple Layouts

View your workout schedule by month, week or day

### WORKOUT DETAILS

Review detailed information about every lap you swum

#### Workout Timeline

See your workout broken down by interval and length

#### Swim Metric Charts

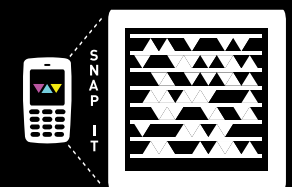
Analyze stroke count, pace, stroke rate, distance-per-stroke and SWOLF efficiency

#### Dynamic Analysis

Click on any piece of your workout to regenerate the Swim Metric charts

#### Cumulative Workout Stats

View stroke type percentages, calories, distance, pace times and rest time for the workout







### Xtreamp3

WATERPROOF MP3 PLAYER

Enhance Your Outdoor Experience with Music

#### Multi-Sport

Waterproof MP3 Player is perfect for surfing, kayaking, snorkeling, rafting and winter sports

#### Waterproof Earbuds

Airtight earbuds provide superior sound quality in any extreme environment

#### 1GB of Storage

Stores approx. 250 songs, 15 hrs. of music



BUILT IN USB PLUG

Xtreamp3 | Style: 1.30.026.432 | MSRP \$149.99

Universal Wall Charger | Style: 1.30.009 | MSRP \$24.99

Xtreamp3 Replacement Armband | Style: 1.30.017 | MSRP \$19.99

Xtreamp3 Replacement Earbuds | Style: 1.30.024 | MSRP \$19.99

USB Extension Cable | Style: 1.30.023 | MSRP \$19.99

**System Requirements:** Windows 98SE, 2000, ME, XP, VISTA, Mac OS 9, OS X • Intel Pentium II 233 Mhz or equivalent • 256 MB Ram • 35 MB available hard drive space







**SwiMP3® 1G**  
**WATERPROOF MP3 PLAYER**

**Swim with Crystal Clear Music Without Earbuds**

**Bone Conduction Audio Transmission**  
 Incredibly clear sound without headphones or earbuds

**MP3 and WMA Compatible, iTunes Convertible**  
 Listen to music, audiobooks, podcasts and more with incredible sound quality while swimming

**1GB of Storage**  
 Stores approximately 250 songs, 15 hours of music

**Hydrodynamic Clips**  
 Attach securely to goggle straps and rest on cheekbones

SwiMP3® 1G | Style: 1.30.030 | MSRP 149.99

Universal Wall Charger | Style: 1.30.009 | MSRP \$24.99

SwiMP3® Replacement Cap | Style: 1.30.016 | MSRP \$2.99

USB Extension Cable | Style: 1.30.023 | MSRP \$19.99

Internationally Patented

**System Requirements:** Windows 98SE, 2000, ME, XP, VISTA, Mac OS 9, OS X • Intel Pentium II 233 Mhz or equivalent • 256 MB Ram • 35 MB available hard drive space • USB port • Internet connection recommended





# FEZAKS FAVORITES



### Swimmer's Snorkel

I use the Swimmer's Snorkel for swim and kick sets to align my head positioning and work my body."



### Z2 Zoomers Fins

I use the Z2 Zoomers mainly on fast swimming sets to assist me in swimming faster than race speed."



### Stationary Cords Hip Belt

I swim with the Stationary Cords Hip Belt mainly to work on my explosive power at short distances."

# JASON LEZAK

Official FINIS Athlete



## AquaPulse

“The AquaPulse has changed the way I train. It motivates me and allows me to train more effectively.”



## Swim Parachute

“I use the Swim Parachute to work on my endurance power, swimming longer at a moderate pace, alternating between using fists and regular stroke.”



## Rack

“I use the Rack to increase my ankle flexibility which helps me derive more power from my kick.”



## Tempo Trainer Pro

“I set the Tempo Trainer Pro in the second mode to beep midway through, and at the end of each lap to make it easier for me to keep my desired pace.”

7-Time Olympic Medalist  
Current World Record Holder  
9-Time World Champion



# Learn to Kick in Both Directions

Everyone knows that fins are designed to make you go faster. They help you to swim faster than you could normally and it's important to feel that kind of speed. They are also great for improving ankle flexibility. Zoomers®, however, not only help you to swim faster and improve flexibility, they also help to create more leg strength. By providing less surface area than a typical fin the swimmer is forced to really work the kick in order to get the benefit of the zoomer. I have found that they really helped develop our athlete's leg strength and we have seen great improvement in our team's kicking during races.

Vertical kicking is a great drill to help teach the swimmer to make sure they are kicking both directions.

Zoomers can be used to help to make that transition from a vertical to horizontal plane.



Zoomers® Gold



Z2 Gold Zoomers®

We use zoomers at practice on a regular basis for both kicking and swimming sets. They are useful for all four strokes and especially underwater kicking. In breaststroke, having swimmers put on their zoomers and use a flutter or dolphin kick can really help them with their hand speed. We also use them for our younger swimmers as well to help them develop their kick in addition to using them when teaching butterfly and backstroke.

Zoomers are a vital training tool that we use in our program almost on a daily basis and will continue to use with our athletes.

### David Stephens - Head Coach

CHICAGO WOLFPACK AQUATIC CLUB  
CHICAGO, ILLINOIS



## Zoomers® Fit

COMFORTABLE LIGHTWEIGHT FITNESS FINS



Encourages Easy Propulsion and an Elevated Body Position

### Surflex Rubber

Comfortable, buoyant material floats legs for an elevated body position

### Patented Zoomers Technology

Generate easy propulsion the moment the foot starts moving

### Closed Heel Design

Creates a soft and secure fit

### Fitness Oriented

Increases leg strength while making swimming easier

### Short Blade

Promotes shorter and faster kicks

ZOOMERS FIT SIZE CHART			
Size (Code)	US Male	US Female	Euro
C (70)	4.5-5.5	5.5-6.5	36-37
D (71)	6-7	7-8	38-39
E (72)	7.5-9	8.5-10	40-42
F (73)	9.5-10.5	10.5-11.5	43-44
G (74)	11-12.5	12-13.5	45-46
H (75)	13-14	14-15	47-48



Style: 2.35.005 | MSRP \$27.99









**NEW**

**Positive Drive Fins**  
VERSATILE TRAINING FINIS

Designed For Use In All Swim Strokes

**Elliptical Blade**

Generates correct propulsion in all kick styles

**Asymmetrical Design**

Promotes a natural inward "supination" kick cycle

**Adjustable Heel Strap**

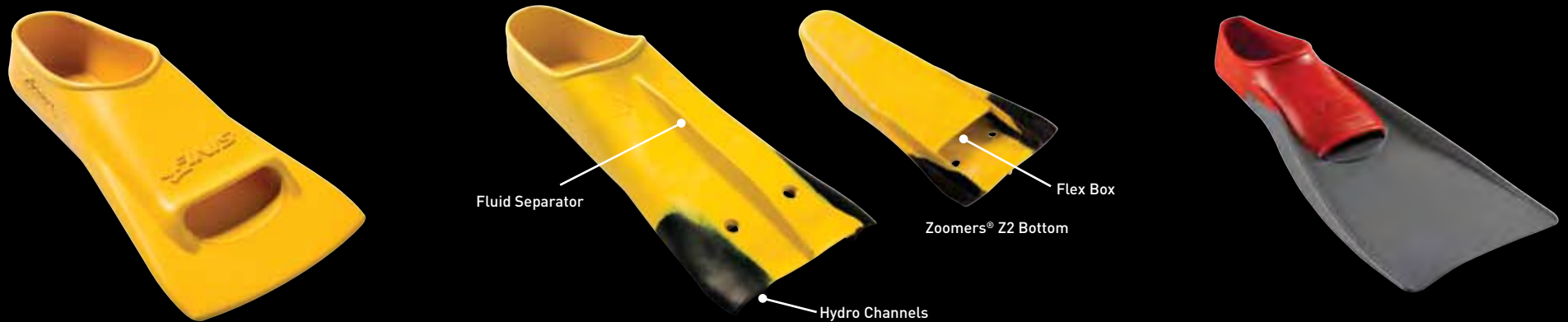
Creates a customized fit that secures fin and allows the feet to flex more naturally

**Versatile Training**

Increases leg strength, foot speed and ankle flexibility for all four competitive swim strokes; great for training the Individual Medley event

PDF FIN SIZE CHART				
Size (Code)	US Male	US Female	Euro	MSRP
<b>XS</b> (03)		Y 8-13	31-33	<b>\$21.99</b>
<b>S</b> (04)	1-3	2-4	34-35	
<b>M</b> (05)	3.5-6	4.5-7	36-37	<b>\$24.99</b>
<b>L</b> (06)	6.5-8	7.5-9	38-40	
<b>XL</b> (07)	8.5-10	9.5-11	41-43	<b>\$27.99</b>
<b>XXL</b> (08)	10.5-13	11.5-14	44-45	

Style: 2.35.100



## Zoomers® Gold

### SHORT BLADE TRAINING FINS

#### New Formulated Comfort and Performance

#### New Foot Pocket

New formula is more comfortable on the foot

#### New Blade Stiffness

Creates optimal propulsion for all swimming abilities

#### Builds Leg Strength

Train your legs for speed and endurance

#### Short Blade

Promotes shorter and faster kicks

ZOOMERS SIZE CHART		
Size [Code]	US Male	US Female
C (12)	3.5-5	4.5-6
D (13)	5.5-7	6.5-8
E (14)	7.5-8.5	8.5-9.5
F (15)	9-10	10-11
G (16)	10.5-11.5	11.5-12.5
H (17)	12-13	13-14

Style: 2.35.003 | MSRP \$31.99

U.S.A. Patented

## Z2 Gold Zoomers®

### SHORT BLADE SWIM FINS

#### Engages Legs and Core Muscles for a Better Workout

#### New and Improved Comfortable Fit

Soft 100% natural rubber molds to the foot

#### Forward Propulsion Hydro Channels

Efficiency propels you forward more than any other Zoomers® fin

#### Short Blade

Promotes shorter and faster kicks

#### Flex Box

Catches water on the up kick, targeting and strengthening



Style: 2.35.002

U.S.A. Patented

#### Z2 SIZE CHART

Kid's Sizing	Code	MSRP
K 7.5-8.5	.64	<b>\$24.99</b>
K 9-10	.65	
K 10.5-11.5	.66	
K 12-13	.67	

Size [Code]	US Male	US Female	MSRP
A (.68)	1-2.5	2-3.5	<b>\$24.99</b>
B (.69)	3-4	4-5	
C (.70)	4.5-5.5	5.5-6.5	
D (.71)	6-7	7-8	
E (.72)	7.5-8.5	8.5-9.5	
F (.73)	9-10	10-11	<b>\$31.99</b>
G (.74)	10.5-11.5	11.5-12.5	
H (.75)	12-13	13-14	
I (.76)	13.5-15	14.5-16	

## Floating Fins

### FLOATING SWIM FIN

#### Add Power to Your Kick and Build Leg Strength

#### Floats in Fresh and Salt Water

Keeps legs buoyant to reduce body drag while swimming

#### FLOATING FINS SIZE CHART

Color	Size [Code]	US Male	US Female	Euro	MSRP
Blue/Lime Green	XXXS [01]	Jr 8-11	Jr 8-11	26/29	
Blue/Orange	XXS [02]	Jr 11.5-1	Jr 11.5-1	30/33	<b>\$19.99</b>
Blue/Yellow	XS [03]	1-3	2-4	34/35	
Red/Black	S [04]	3.5-5	4.5-6	36/37	
Red/Blue	M [05]	5.5-7	6.5-8	38/39	<b>\$22.99</b>
Red/Grey	L [06]	7.5-9	8.5-10	40/41	
Black/Red	XL [07]	9.5-11	10.5-12	42/43	<b>\$24.99</b>
Black/Navy	XXL [08]	11.5-13	12.5-14	44/45	
Black/Dark Green	XXXL [09]	13.5-15	14.5-16	46/47	<b>\$27.99</b>

Style: 1.05.037





## Rangs

### PULL BUOY

#### Independent Pull Buoy System

#### Independent Buoyancy

Lifts legs and hips naturally while reducing body drag

#### Body Rotation

Flotation panels encourage a strong hip rotation from side to side

#### Neoprene Construction

Soft, non-slip neoprene provides comfort and security

#### Velcro Closure

Wraps around legs to create a custom fit that will not fall off during training

Style: 1.05.043.50 | MSRP \$24.99

Jr | Style: 1.05.043.48 | MSRP \$19.99



## Foam Pull Buoy

### LEG BUOY

#### Immobilize Legs to Focus on Upper Body Strength

#### Develops Upper Body Strength

Immobilizes legs to maximize the upper body

Style: 1.05.036.50 | MSRP \$11.99

Jr | Style: 1.05.036.48 | MSRP \$9.99

Jr - For smaller legs or under the age of 12

## Pulling Ankle Strap

### RUBBER ANKLE STRAP

#### Eliminates Kicking

Holds ankles together, shifting the focus to build upper body strength

Style: 1.05.052.104 | MSRP \$5.99



## Foam Kickboard

### FOAM KICKBOARD

#### Build Leg Strength and Focus on Kicking Technique

#### Build Leg Strength

Immobilize arms to build leg muscles

#### Improve Kicking Technique

Give full attention to your kick

#### Foam Material

Soft material does not chafe or irritate skin

#### Lessen Shoulder Strain

Jr size is designed to decrease stress on shoulders and is ideal for youth and smaller swimmers

#### Multiple Sizes

Available in Adult and Jr sizes for ages 12 and under

18.5" x 11.5" | Style: 1.05.035.50 | MSRP \$13.99

Jr: 14" x 10" | Style: 1.05.035.48 | MSRP \$10.99



## Alignment Kickboard

STREAMLINE KICKBOARD WITH HAND STRAP

**Kick with Perfect Body Alignment**

### Hydrodynamic Profile

Keeps swimmers streamlined from fingertips to toes

### Submersible Design

Use just below the water line, creating ideal body alignment

### Stabilizing Hand Strap

Control the board without gripping, and place the hands and arms in streamline

### Shoulder-Safe

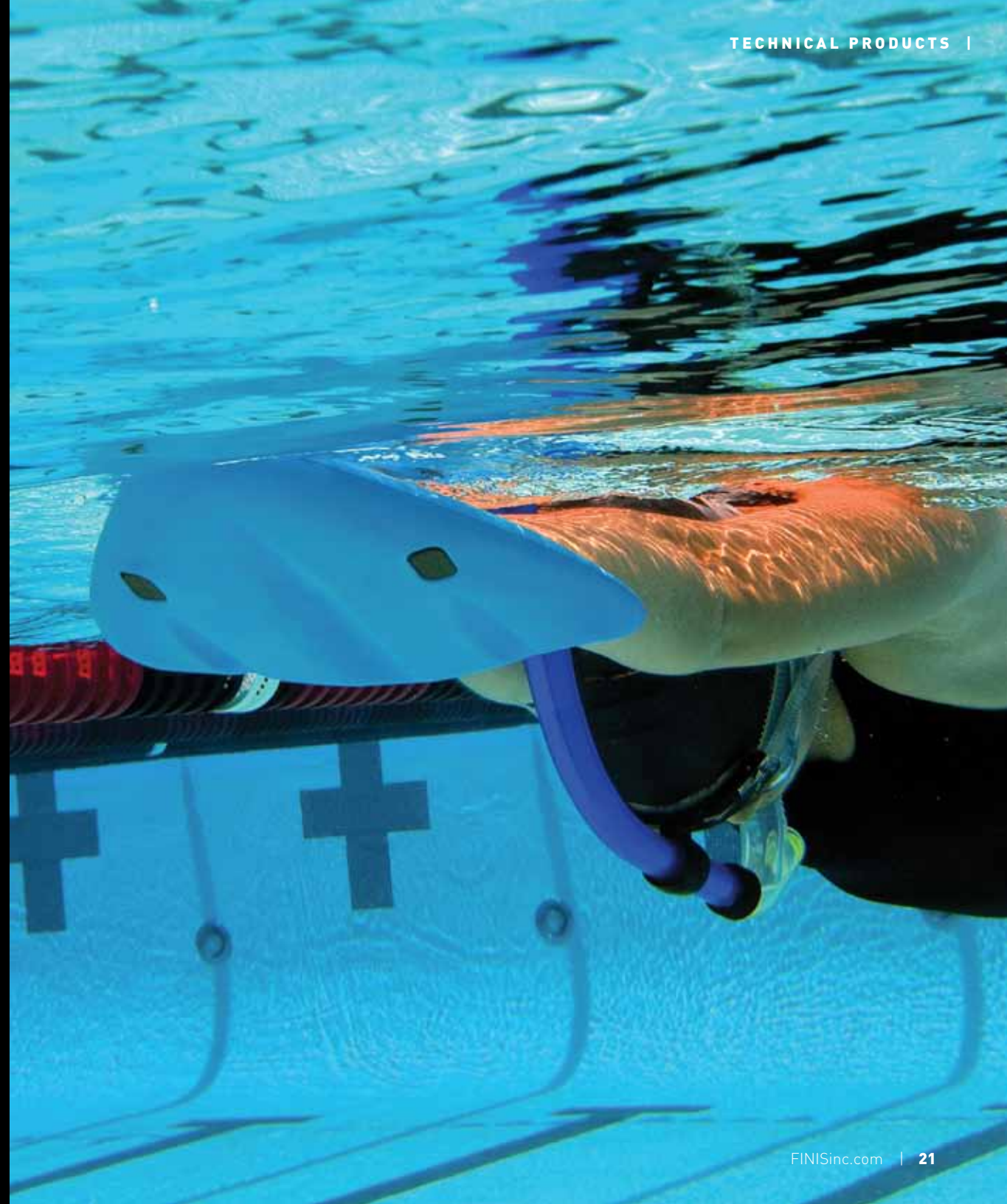
Smaller design puts less pressure on the shoulders

### Versatile

Great for standard kicking, one arm drills and side kicking

Style: 1.05.030 | MSRP \$19.99

U.S.A. Patented











## Forearm Fulcrum

EARLY VERTICAL FOREARM TRAINING TOOL

**Learn a Strong, Efficient Stroke with an Early Vertical Forearm**

**Teaches Early Vertical Forearm (EVF) Position**

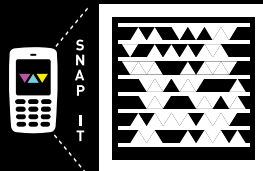
Promotes a proper stroke pull that utilizes the entire forearm

**Develop EVF Muscle Memory**

Locks hand, wrist and forearm into optimal position; does not allow wrist to break

**High Elbow Position**

Initiates pull by lifting the elbow for a high catch



Style: 1.05.028.50 | MSRP \$19.99

Jr | Style: 1.05.028.48 | MSRP \$19.99

Jr - For smaller arms or under the age of 12

U.S.A. Patented

International Patents Pending

## Fulcrum Paddles

SHOULDER-SAFE TRAINING PADDLES

**Build Strength while Safely Improving Catch, Speed and Efficiency**

**Shoulder-Safe**

Designed to reduce stress on shoulder joints



Size	Color	Code	Description
Small	Red	102.04	120 lbs. or less
Medium	Yellow	104.05	120-150 lbs.
Large	White	100.06	140-180 lbs.
XLarge	Black	101.07	150 lbs. & up
XXLarge	Blue	103.08	180 lbs. & up

Style: 2.05.001 | MSRP \$15.99

Replacement Paddle Tubing Fulcrum | Style: 2.05.002 | MSRP \$2.99





# The Key to Early Vertical Forearm

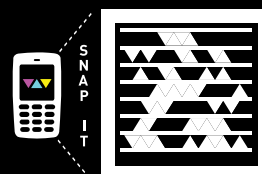
From the beginning we had a drive to excellence that sought to optimize the best in stroke mechanics. I began to see a chronic problem with the majority of my swimmers; they weren't getting their elbows up early in the power phase of their strokes, and as this occurred they compensated by breaking or bending their wrist in order to hold some water, attain some leverage and have some force in the power phase of their pull. This compensation robbed them of power and speed in the bargain. Swimming fast is all about efficiency in mechanics. My swimmers were making the same mistakes most other swimmers do, they were dropping their elbows and breaking their wrists. Driven by a need to help my swimmers, the idea for the Bolster paddle came to me.

Bolster paddles align the hand, wrist and forearm in correct position for EVF, (early vertical forearm). By not allowing the wrist to bend, the Bolster promotes EVF and uniform application of force from fingertips to forearm. Both of these produce more power in each stroke. If the swimmer doesn't get their elbow up, they won't get anything out of their pull. They will feel this and have to adjust, since they can no longer break the wrist. Once they get

their elbow up, the swimmers are able to anchor their forearm early in the stroke and pull their body past their hand as they hold water.

The Osprey use the FINIS Bolster paddles almost every day. Whether drilling with them, pulling with them, using them with bands or just swimming with them, Bolster paddles have helped the Osprey improve their strokes and played a vital role in the team's success. The Osprey had our first Sr. National qualifier last year when 14-year-old Linnea Mack swam a 55.05 in the 100 back to break Natalie Coughlin's Pacific record for 13-14 girls. Our team has had 5 different age group athletes as well as numerous relays rank in the top 10 Nationally, and we have broken 6 different Pacific Swimming records over the past 3 years. Last summer's Long Course season saw OAQ rank in the top 10.5% of teams in the nation. Our Bolster paddles are a big part of that and we believe they give us a competitive edge.

**Brian Bolster**  
HEAD COACH  
OSPREY AQUATICS



## Bolster Paddles

EARLY VERTICAL FOREARM PADDLES

**Improve Early Vertical Forearm Technique and Upper Body Strength**

**Promotes an Early Vertical Forearm (EVF) Position**

Does not allow wrist to bend, uses the entire forearm and hand to create uniform application of force

**Strength and Resistance Training**

Builds upper body strength

**Easy-to-Adjust Velcro Strap**

Improved design comfortably holds wrist into place

**Creates Muscle Memory**

Develop a forearm dominant stroke with a high elbow position to provide more propulsion

Style: 1.05.026 | MSRP \$29.99

U.S.A. Patented



## Freestyler Paddles

FREESTYLE TRAINING PADDLES

Increase Distance-per-Stroke for an Efficient Freestyle

### Patented Hydrodynamic Shape

Decreases resistance and planes the hand forward, lengthening each stroke

### Patented Skog Design

Streamlines and straightens hand entry

### Instant Stroke Feedback

Paddle rotates and straightens itself if swimmer's hand entry is incorrect



Style: 1.05.020.50 | MSRP \$19.99

Jr | Style: 1.05.006.48 | MSRP \$15.99

Replacement Paddle Tubing Freestyler | Style: 1.05.029 | MSRP \$2.99

U.S.A. Patented



## Sculling Paddles

FINGER PADDLES

Improve Stroke Catch and Build Muscle Memory

### Enhance Feel for the Water During the Catch Phase

Learn to maximize propulsion by establishing proper hand position

### Heightens Stroke Technique Awareness

Emphasizes technique imperfections making it easier to identify and correct technique

### Creates Muscle Memory

Making subtle changes in hand pitch and speed will change propulsion and body position



### Small, Finger-Tip Design

Provides instant feedback if sculling technique is incorrect

Style: 3.05.001.104.49 | MSRP \$9.99

Jr | Style: 3.05.001.102.51 | MSRP \$9.99



## PT Paddles

PERFECT TECHNIQUE SWIMMING PADDLES

### Early Vertical Forearm (EVF)

Enter the catch phase earlier with more strength from arms and hips

### Muscle Memory

Educates the body to rely on other parts of the body for forward propulsion and improving technique

### Develop Strength

Strengthen forearm and core

### Shoulder safety prevention

Builds shoulder muscles to prevent future injuries

Style: 1.05.044 | MSRP \$29.99





## Freestyle Snorkel

FREESTYLE TRAINING SNORKEL

**Focus on Freestyle Technique While Building Lung Capacity**

**Designed for Freestyle**

Curved shape promotes optimal head position during freestyle

**Center-Mount Design**

Relax in the water in order to focus on stroke and improve technique

**Hydrodynamic Snorkel Tube**

Provides the ability to improve technique by focusing on stroke

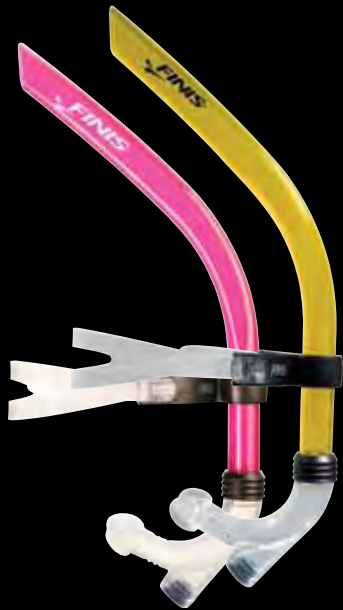
**V02 Max**

Increases aerobic lung capacity

Style: 1.05.001 | MSRP \$34.99

U.S.A. Patented

Jason Lezak trains with the yellow Freestyle Snorkel



### Swimmer's Snorkel

CENTER MOUNT TECHNIQUE AND TRAINING SNORKEL

#### Breathe Easily While You Swim

##### Center-Mount Design

Relax in the water in order to focus on stroke and improve technique

##### One-Way Purge Valve

Allows for clear and easy breathing

##### Hydrodynamic Snorkel Tube

Provides the ability to improve technique by focusing on stroke

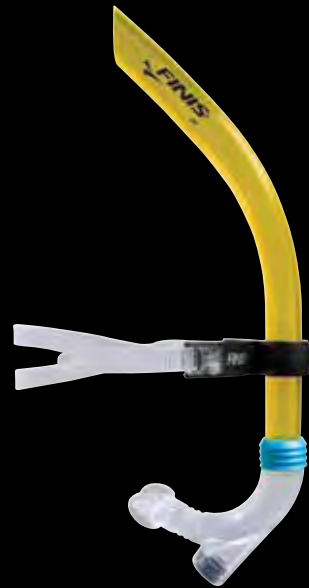
##### Help Fight Cancer

A portion of every Pink Snorkel purchase is donated to the Pooh Foundation to help fight cancer

Yellow | Style: 1.05.009.50 | MSRP \$39.99

Pink | Style: 1.05.009.112.50 | MSRP \$39.99

U.S.A. Patented



### Swimmer's Snorkel Jr

CHILDREN'S CENTER MOUNT TECHNIQUE AND TRAINING SNORKEL

#### Breathe Easily and Focus on Technique While You Swim

##### Designed Specially for Children 8-12 Years

##### Training Tool

Helps beginner swimmers concentrate on basics without worrying about rotating their heads to breathe

##### Center-Mount Design

Relax in the water in order to focus on stroke and improve technique

##### Shorter Tube Length

Two inches shorter in length makes it easier on children's lungs

##### Nose Clip Included

Style: 1.05.009.48 | MSRP \$39.99

U.S.A. Patented



### Swimmer's Snorkel Youth

YOUNG SWIMMER'S CENTER MOUNT TECHNIQUE AND TRAINING SNORKEL

#### Breathe Easily and Learn Stroke Technique While You Swim

##### Designed Specially for Children 4-9 Years

##### Training Tool

Helps beginner swimmers concentrate on basics without worrying about rotating their heads to breathe

##### Center-Mount Design

Relax in the water in order to focus on stroke and improve technique

##### Special Child Length Tube

Shorter in length and a wider opening than the Swimmer's Snorkel, making it easier on children's lungs

##### Nose Clip Included

Style: 1.05.009.44 | MSRP \$29.99

U.S.A. Patented



### Snorkel Cardio Cap

Fits on top of the snorkel to restrict air flow for increased cardiovascular training. Not compatible with the Youth Snorkel

Style: 1.05.022 | MSRP \$4.99



### Snorkel Replacement Head Bracket

For use on Freestyle Snorkel and Swimmer's Snorkel & Jr

Style: 1.05.011 | MSRP \$11.99

For use on Swimmer's Snorkel Youth (not pictured)

Style: 1.05.053 | MSRP \$7.99



### Snorkel Replacement Purge Valve

For use on Swimmer's Snorkel & Jr

Style: 1.05.103 | MSRP \$2.99

For use on Swimmer's Snorkel Youth (not pictured)

Style: 1.05.056 | MSRP \$2.99



### Snorkel Dry Top

Patented design helps keep your snorkel free of water. Only compatible with Swimmer's Snorkel & Jr

Style: 1.05.057 | MSRP \$14.99



### Nose Clip

High quality nylon material and silicone pads

Style: 3.25.005 | MSRP \$3.99





**Foil**  
TECHNIQUE MONOFIN

Learn to Dolphin Kick with the Foil Body Motion

**Single Blade Design**  
Promotes the development of the undulating Foil Body Motion and propulsive dolphin kick

**Technique Channels**  
Controls the flex of the fin and encourages correct foil movement

**Zoomers® Technology**  
Developed using Zoomers® design principles and materials

**Large Surface Area**  
Works core and leg muscles more than standard fins

FOIL SIZE CHART		
Size (Code)	US Male	US Female
XS (03)	3-5	4.5-6.5
S (04)	5.5-8	7-9.5
M (05)	8.5-10	10-11.5
L (06)	10.5-13	12-15.5
XL (07)	13.5-15	16-17.5

16"x10" Soft Natural Marine Grade Rubber Blade

Sizes: XS, S, M, L, XL | Style: 1.35.012 | MSRP \$59.99



**Shooter**  
SHORT AND STIFF BLADE MONOFIN

Develop a Rapid Butterfly Kick while Building Core Strength

**Short and Stiff Fiberglass Blade**  
Simulate race pace with a quick and powerful butterfly kick

**Strength Training**  
Work core muscles including abs, lower back, quads and gluteus

**Long Distance Butterfly**  
Ideal for butterfly training to maintain a strong, composed stroke

**Strong Kick**  
Develop a powerful dolphin kick that is generated from the hips

20" x 18" Fiberglass Blade

Sizes: M, L, XL, XXL | Style: 1.35.004 | MSRP \$149.99

U.S.A. Patented



TRAINER 1



TRAINER 2



## Trainer Series

### SWIM TRAINING MONOFIN

Develop a Smooth and Powerful Butterfly Kick While Building Core Strength

#### Strong Kick

Develop a powerful dolphin kick that is generated from the hips

#### Strength Training

Work core muscles including abs, lower back, quads and gluteus

#### Flexibility

Increase range of motion in the feet and ankles

28" x 18" Fiberglass Blade

#### Trainer 2: Advanced

Fiberglass blade is 25% stiffer than the Trainer 1 monofin, providing a more challenging workout

Trainer 1 Sizes: M, L, XL, XXL | Style: 1.35.005 | MSRP \$179.99

Trainer 2 Sizes: M, L, XL, XXL | Style: 1.35.006 | MSRP \$199.99

SHOOTER, TRAINER I & II, COMPETITOR SIZE CHART

Size (Code)	US Male	US Female
M (05)	6.5-8	7.5-9
L (06)	8.5-10	9.5-11
XL (07)	10.5-12	11.5-13
XXL (08)	12.5-16	13.5-17

## Footbooties

Prevent chafing and add comfort when using fins or monofins

Sizes: S (04), M (05), L (06)

Style: 1.25.001.101 | MSRP \$11.99



## Competitor

### PROFESSIONAL FREEDIVE MONOFIN

Ideal for Free Divers, Fin Swimmers and Water Sports Enthusiasts

28" x 28" Fiberglass Blade

Sizes: M, L, XL, XXL | Style: 1.35.007 | MSRP \$319.99

U.S.A. Patented

## Skin Socks



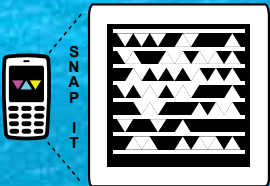
ROYAL

Nylon/Spandex socks add comfort during fin use and prevent blisters and chafing

Sizes: S (size 2-5) (04), M (size 6-9) (05), L (size 10-14) (06)  
Colors: Black (101) or Royal (114)

Style: 1.25.002 | MSRP \$13.99









### Rapid Monofin

RECREATIONAL ADULT MONOFIN

Have Fun While Swimming Dolphin Kick

**Patented Single Blade Design**

Encourages the undulation needed for an efficient dolphin kick

**Build Leg and Core Strength**

Activates 60% of muscle mass, including the core and lower body

**Soft, Flexible Blade**

Makes swimming dolphin kick fun and easy

24" x 21" Firm Monofin blade, adjustable strap  
Fits men's US shoe size 8-12 or women's 9-13

Style: 1.35.003 | MSRP \$89.99

Rapid Replacement Strap | Style: 1.35.009 | MSRP \$14.99

U.S.A. Patented



### Wave Monofin

RECREATIONAL YOUTH MONOFIN

Have Fun while Learning Dolphin Kick

**Patented Single Blade Design**

Teaches young swimmers the undulation needed for a proper dolphin kick

**Build Leg and Core Strength**

Activates 60% of muscle mass, including the core and lower body

**Soft, Flexible Blade**

Makes swimming dolphin kick fun and easy

21" x 18" Soft Monofin blade, adjustable strap  
Fits men's US shoe size 1-7 or women's 2-8

Style: 1.35.001 | MSRP \$49.99

Wave Replacement Strap | Style: 1.35.008 | MSRP \$9.99

U.S.A. Patented



### Mermaid Fin

MONOFIN POOL TOY

A Fun Way to Build Confidence in the Water

**Increase Water Confidence**

Allows children to have fun and feel comfortable in the water

**Quick Release Foot Strap**

Strap configuration allows for feet to be quickly removed from fin for safety

**Build Leg Strength**

Learn a balanced dolphin kick and strengthen muscles

Ideal for children 12 and under  
Use only with adult supervision

Fits US shoe sizes male 1-6, female 2-7  
Mermaid: Pink (112), Purple (110)

Style: 1.30.012 | MSRP \$29.99





**Tempo Trainer Pro**  
AUDIBLE METRONOME PACING DEVICE

**NEW**

**Use the Beeps to Set an Ideal Stroke Rate**

**3 Adjustable Modes**

Mode 1: Single beep in stroke per sec  
(from 0.20 seconds to 99.99 seconds)

Mode 2: Triple beep in stroke per sec  
(from 1 second to 9:59 minutes)

Mode 3: Single beep in strokes per minute

**Audible Tempo Beep**

Loud enough to hear in and out of water

**Replaceable CR1620 3V Battery**

Allows for an extended life

**Sync Button**

Synchronize the device to a pace clock or stopwatch

Floats in water

External clip included

**Style: 1.05.120 | MSRP \$49.99**

U.S.A. Patented



**Tempo Trainer**  
AUDIBLE METRONOME

**Use the Beeps to Set an Ideal Stroke Rate**

**Audible Beep**

Loud enough to hear in and out of water

**Adjustable**

Tempo can be adjusted by 1/100 of a second

**Perfect for Pacing**

Constant stroke tempo eliminates lulls in races or workouts

**Multi-Sport Use**

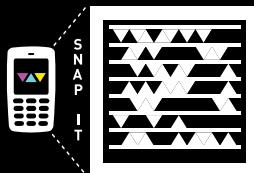
Applicable for swimming, biking, running and more

**Small Convenient Size**

Easily place under swim cap or goggles



**BACK VIEW**  
External clip is for dry land training. Not intended for use while swimming.



Style: 1.05.015 | MSRP \$39.99

U.S.A. Patented



**Circuit Trainer**  
INTERVAL WORKOUT TIMER

**Set Your Rate, Rest and Repetition for a Great Workout**

**Personal Circuit Coach**

Notifies user of rest and exercise periods with audible sound and digital display

**Programmable Time Periods**

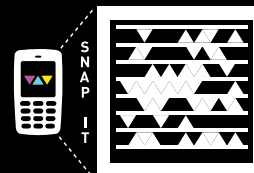
Allow user to focus attention on the workout instead of the clock

**Circuit Training**

Increases muscle strength and endurance while toning the body

**Independent Rest and Exercise Periods**

Set each time period separately; count down ranges from 5 seconds to 30 minutes



Style: 1.05.034 | MSRP \$99.99



**Lap Track**  
SWIM COMPUTER AND LAP COUNTER

**Swim Counter Keeps Track of Distance, Calories and Time with a Push of the Clock Face**

**Lap Chrono Lap Counter**

Counts laps with a simple tap. Count laps up from zero, or down from your desired set

**Lap Timer**

Track total elapsed time, complete lap time or compare between the last two laps

**Calories Burned**

Enter weight and pool length to see calories burned



Style: 1.05.027 | MSRP \$89.99

Internationally Patented





**Underwater Pace Clock**  
WATERPROOF DIGITAL CLOCK & LAP COUNTER

**Professional Underwater Pace Clock**

**Waterproof**  
Completely submersible up to a depth of 16 feet; can lay flat on the bottom of the pool for easy visibility during swimming

**2-Digit LCD Display**  
Allows for easy reading from multiple angles and varying distances

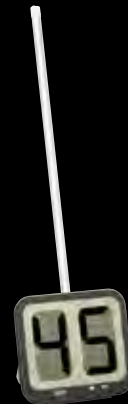
**10" x 10" display**  
Large clock face makes it easy to read

16" x 14" x 6"  
6.9 lbs

Style: 1.30.021 | MSRP \$299.99

**Underwater Pace Clock Replacement Pole**

Style: 1.30.021.00 | MSRP \$34.99



**4-Digit Pace Clock**  
DIGITAL SOLAR PACE CLOCK

**Professional Digital Pace Clock with Solar Technology**

**Solar Cell Technology**  
Continually powers clock in natural and artificial lighting environments

**4-Digit LCD Display**  
Allows for easy reading from multiple angles and gives consistent sendoffs

**Programmable Modes**  
Display time-of-day (12h or 24h) in hours and minutes or paces in minutes and seconds

34" x 26" x 7"  
28 lbs

Style: 1.30.027 | MSRP \$999.99

BACK VIEW





### 3x300M Stopwatch

300 MEMORY STOPWATCH

Three-Line Display for Running, Cumulative, and Split Times

#### 300 Dual Split Memory

Allows user to take 300 splits and review both cumulative and lap splits

#### Take Splits While Reviewing the Memory

User can review the current memory while continuing to run the watch and take splits

#### Continuous Display of Event Running with Current Lap Running Option

Easy to see cumulative running time and current lap running time



3x100M STOPWATCH  
100 Memory Stopwatch

3x300M Stopwatch: Yellow | Style: 1.30.040 | MSRP \$59.99

3x100M Stopwatch: Black | Style: 1.30.032 | MSRP \$49.99







**NEW**

## SpeedBox

RESISTANCE & ASSISTANCE SYSTEM

Portable Tool to Develop Strength & Power

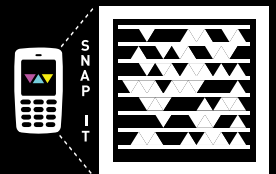
### Bungee Cord

Provides a minimum level of resistance that increases as it stretches

### Portable Design

Reduces to just 24" x 20" x 8" (61 cm x 50.8 cm x 20.3 cm) for ease of transport

Box Dimensions 24" x 20" x 8" (61 cm x 50.8 cm x 20.3 cm)



Style: 1.05.122 | MSRP \$649.99



## Turnmaster Pro

INDIVIDUAL LANE BULKHEAD

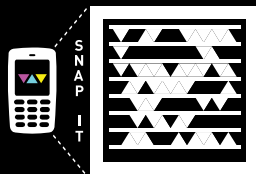
Optimize Pool Space for Turn Training, Practices, and Lessons

### Focus on Turns

Divides one lane into two, creating an extra turn each lap

### Vinyl Ester Chlorine Resistant Fiberglass

Aerospace material is built to withstand race speed turns and is resistant to chlorine damage



6'9" (2.05m) | Style: 1.05.106.04 | MSRP \$1,799.99

7'3" (2.20m) | Style: 1.05.106.05 | MSRP \$1,899.99

7'9" (2.35m) | Style: 1.05.106.06 | MSRP \$2,099.99

8'2" (2.50m) | Style: 1.05.106.07 | MSRP \$2,249.99

Wet Deck Straps | Style: 1.05.112 | MSRP \$69.99

Gutter Straps | Style: 1.05.116 | MSRP \$69.99



## Swim Teaching Platform

FIBERGLASS STANDING DECK

Teach Lessons and Optimize your Pool Space

### Molded Fiberglass Standing Deck

Raised surface above the pool bottom creates a safe and enjoyable learning experience

### Non-Slip Surface

Ensures children, parents and teaching staff remain safe, comfortable and confident

### STP 1.2m

Designed to withstand the weight of 600 lbs  
Recommended for classes with 3 to 4 children per side

### STP 1.8m

Designed to withstand the weight of 1,200 lbs  
Recommended for classes with 5 to 6 children per side

STP 1.2m | Style: 1.05.107.98 | MSRP \$824.99

STP 1.8m | Style: 1.05.107.92 | MSRP \$1,099.99



## Swim Mirror

UNDERWATER MIRROR

Get Instant Feedback on your Stroke Technique

### Reinforced Polished Aluminum

Watch yourself for instant visual feedback on stroke technique

### Corner Holes

Hang or secure mirrors in place end to end for better observation

### Flip Turn Feedback

Hang vertically at the end of the pool to provide feedback during flipturns

### Specs

45.5" x 28" (115cm x 71cm)  
Less than 3 lbs. (1.4 kg)

Style: 1.05.013 | MSRP \$104.99





## Technique Training Belt

TECHNIQUE FOCUSED ARM CORDS AND BELT

**NEW**

Teaches Correct Stroke Technique and Form

### Compatible with All Four Strokes

Teaches good stroke technique for all four swimming strokes

### Adjustable Resistance Cords

Teaches the swimmer to put their hands, arms and body in the ideal swimming position

### Improve Streamlines on Turns and Push-Offs

Encourages the swimmer to push off the wall into a tight streamline position right away

### Neoprene Finger Rings

Comfortably secure cords to hands without interference

Style: 1.05.125 | MSRP \$39.99





**Stationary Cord Long Hip Belt**

EXTENDED WALL TO BELT STATIONARY CORD

**NEW**

**Develop Race-Pace Technique and Speed**

**Assisted Race-Pace Training**

Adapt stroke technique to higher speeds and exposes flaws without over-exertion

**Resistance Training**

Use overload principle from land training to develop strength and power while swimming

**Coaches Aid**

Allows coaches to observe a swimmer's stroke while they remain stationary

**Practice Perfect Racing Technique**

Test different head, body, and hip positions

**Extended 20.7 ft (630 cm) Resistance Cord Length**

Stretches over the entire pool length; can be used in 25 yard or 25 meter pools

Style: 1.05.117 | MSRP \$59.99







## Stationary Cords Ankle Strap

### STATIONARY ANKLE CORDS

---

**Focus on Technique and Build Endurance  
in a Controlled Environment**

#### **Stationary Swimming**

Develops endurance, efficiency and essential hip rotation

#### **Practice Perfect Technique**

Test different head, body, and hip positions

#### **Coach's Aid**

Allows coaches to observe a swimmer's stroke while they remain stationary

#### **Two, 3'11" (120cm) resistance cords, one for each ankle**

- Adjustable nylon ankle straps
- Nylon loop at end of cords

---

Style: 1.05.109 | MSRP \$39.99





### Stationary Cords Lane Belt

LANE LINE TETHERED STATIONARY CORDS

Focus on Technique and Build Endurance

**Space Saving**

Place multiple swimmers in one lane at one time

**Practice Perfect Technique**

Test different head, body, and hip positions

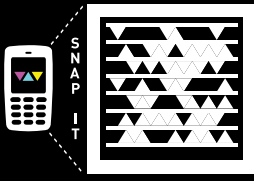
**Attaches to Lane Lines**

Provides swimmers the ability to continually swim in a stationary position

**Adjustable Nylon Belt**

Wide, comfortable belt fits most sizes

2'2" (66 cm) Resistance Cord and Adjustable Webbing with Clips on Each Side



Style: 1.05.105 | MSRP \$39.99



### Stationary Cords Hip Belt

WALL TO BELT STATIONARY CORD

Focus on Technique and Build Endurance in a Controlled Environment

**Stationary Swimming**

Develop endurance and technique in a controlled environment

**Practice Perfect Technique**

Test different head, body, and hip positions

**6'7" (200cm) resistance cord**

- Adjustable nylon belt
- Nylon loop at end of cord

Green Webbing = Medium  
Red Webbing = Heavy

Red Webbing | Style: 1.05.111.102 | MSRP \$29.99

Green Webbing | Style: 1.05.111.105 | MSRP \$29.99







### Dryland Cords

RESISTANCE STRETCH CORDS

#### Swim Conditioning Outside the Pool

##### Workout Outside the Pool

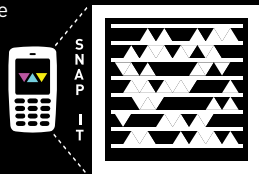
Simulates swimming motions and isolates muscles vital to the sport

##### Resistance Training

Enhances speed while building endurance and strength

##### Three Resistance Levels

Yellow - Light  
Green - Medium  
Red - Heavy



Yellow | Style: 1.05.113.104 | MSRP \$24.99

Green | Style: 1.05.113.105 | MSRP \$24.99

Red | Style: 1.05.113.102 | MSRP \$24.99



### ROM Strap

SWIMMER SPECIFIC STRETCHING STRAP

#### Increase Range of Motion Through Target Stretching

##### Target Swimming Muscles

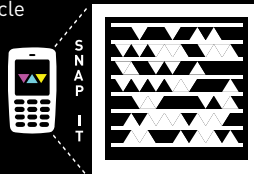
Stretch sheet muscles around the shoulder blade, neck, back and rib cage

##### Increase Range of Motion

Stretching facilitates easier streamlining, better body roll, increased power

##### Improve Flexibility

Less internal muscle resistance makes all upper body swim movements easier



Style: 2.05.003 | MSRP \$9.99



### Fraid Nots® Stretching Program

STRETCHING PROGRAM WITH ROPE

#### Stretching Made Simple, Fast and Easy

##### Stretching Program

Comes with book, laminated instruction card and DVD demonstrating more than 15 stretches which can be done in less than 10 minutes



##### Rope Assisted Stretching

Gain a deeper more effective stretch

##### Door Strap Included

Enables you to secure the Fraid Nots rope overhead

Style: 1.05.108 | MSRP \$19.99



### Rack

ANKLE STRETCHING DEVICE

#### Improve Kick Efficiency by Increasing Ankle Flexibility

##### Static Stretching Principles

Increases ankle range of motion

##### Safely Target Muscles, Tendons, and Ligaments in Ankle and Lower Leg

Improves ankle flexibility while preventing Achilles tendon stress

##### Improves Kick Efficiency

Decrease drag and increase forward propulsion during down kick

Style: 2.05.004 | MSRP \$29.99







## Hydro Hip

CORE STRENGTHENING SWIMMING TOOL

Strengthen Hip Rotation and Swim Faster by Using your Core Muscles

### Hip Blades

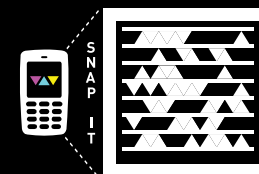
Creates resistance during body rotation to improve core strength

### Multi-Stroke Compatible

Improves freestyle and backstroke hip rotation; and can also be used for breaststroke to prevent dropped elbows

### Enhanced Stroke Timing

Teaches swimmers to rotate quickly, completely and symmetrically on both sides



Belt Length 52 Inches

Style: 1.05.007 | MSRP \$29.99

Replacement Hip Belt with Buckle | Style: 1.05.099 | MSRP \$11.99





### Tech Toc

AUDIBLE HIP ROTATION TRAINING TOOL

Receive Instant Stroke Feedback and Ensure Proper Hip

#### Improve Hip and Body Position

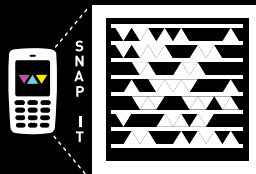
Ball bearing within the capsule creates audible and physical feedback when tipped from side to side

#### Compatible with All Four Strokes

Communicates hip rotation timing for Freestyle and Backstroke or acts as a fulcrum signaling a strong hip undulation for Breaststroke and Butterfly

#### Increase Power and Improve Timing

Utilizes the strong core muscles to initiate the stroke tempo and maximize efficiency



Style: 1.05.014 | MSRP \$49.99

Replacement Hip Belt with Buckle | Style: 1.05.099 | MSRP \$11.99



**NEW**

### Swim Parachute

RESISTANCE PARACHUTE

Train with Resistance to Build Strength, Power and Endurance

#### Increased Resistance

Provides additional drag during everyday training

#### Resistance Training

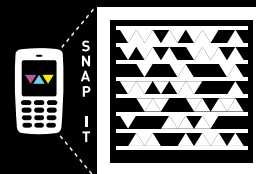
Build muscle, increase endurance and boost speed

#### Two Sized Chutes

Red = 8 Inches, Navy = 12 Inches

#### Adjustable nylon tether goes from belt to parachute

#### Adjustable nylon belt



Navy 12" | Style: 1.05.110.106 | MSRP \$24.99

Red 8" | Style: 1.05.110.102 | MSRP \$24.99





**SIZE CHART**

<b>Female Velo:</b>										
Size	24	25	26	27	28	29	30	32	34	36
Chest (in)	23.5	25	26	27	28.5	29	30	32	34	36
Waist (in)	21	22	22.5	23	24	24.5	25	26	27	29
Hips (in)	25	26	27.5	29	30	31	32	34	36	38

<b>Male Velo:</b>										
Size	24	25	26	27	28	29	30	32	34	36
Waist (in)	24	25	26	27	28	29	30	32	34	36

<b>Female Flux:</b>										
Size	24	26	28	30	32	34	36			
Chest (in)	23.5	26	28.5	30	32	34	36			
Waist (in)	21	22.5	24	25	26	27	29			
Hips (in)	25	27.5	30	32	34	36	38			

<b>Male Flux:</b>										
Size	24	26	28	30	32	34	36			
Waist (in)	24	26	28	30	32	34	36			

Size down for a competitive fit.

<b>Female HydroSpeed 2:</b>							
Size	24	26	28	30	32	34	36
Bust	27	28	30	32	34	36	38
Waist	24	24.5	25	26	27	28	29.5
Hip	29.5	30.5	33	35	37	39	41
Torso	54.5	55	56	57.5	59	60.5	62.5
Women's Dress Size		0	2	4	6	8	10
Girl's Clothing Size	8-9	10-11					

<b>Male HydroSpeed 2:</b>							
Size	24	26	28	30	32	34	36
Waist	24-26	26-28	28-30	30-32	32-34	34-36	36-38

<b>Youth AquaTuff® Bladeback:</b>				
Size	18	20	22	24
Bust	23	24	25	26
Waist	21	22	23	24
Hip	24	26	28	30
Torso	42	45	48	50
Girl's Clothing Size	4T	5-6	7-8	9-10

<b>Female AquaTuff® Skinback, Bladeback &amp; Zipback:</b>										
Size	22	24	26	28	30	32	34	36	38	40
Bust	25	27	29	31	33	35	37	39	41	42
Waist	23	24.5	25.5	26.5	27.5	28.5	30	31.5	33	34
Hip	28	30	31	33	35	37	39	41	43	45
Torso	52	55.5	57	58.5	60	61.5	63.5	65.5	67.5	68.5
Women's Dress Size	0	2	4	6	8	10	12	14	16	
Girl's Clothing Size	7-8	9-10	11-12							

<b>Male AquaTuff® Brief, Jammer &amp; Drag Suit:</b>											
	Size:	20	22	24	26	28	30	32	34	36	38
40	Waist	20-22	22-24	24-26	26-28	28-30	30-32	32-34	34-36	36-38	38-40
40-42											

\*All body measurements in inches or lbs





Female Race John



Male Jammer



## Female Hydrospeed Velo Race John

SMART COMPRESSION TECH SUIT

**Fastest Smart Compression Racing Technology**

### 4-Way Stretch Fabric

Provides perfect compression around the muscles and body

### Welded Seamless Technology

Create a seamless structure around the suit and reduces drag friction

### Italian Calendared Fabric

Technical heating process produces an ultra smooth and lightweight surface

### Minimal Permeability

The permeability value of our fabric is at the legal limit as set by FINA

Style: 1.10.139.101 | MSRP \$299.99

Now available in additional sizes: 25, 27, 29

## Male Hydrospeed Velo Jammer

SMART COMPRESSION TECH SUIT

**Fastest Smart Compression Racing Technology**

### 4-Way Stretch Fabric

Provides perfect compression around the muscles and body

### Welded Seamless Technology

Create a seamless structure around the suit and reduces drag friction

### Italian Calendared Fabric

Technical heating process produces an ultra smooth and lightweight surface

### Minimal Permeability

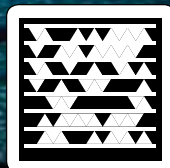
The permeability value of our fabric is at the legal limit as set by FINA

Style: 1.10.140.101 | MSRP \$199.99

Now available in additional sizes: 25, 27, 29



SNAP IT







Female Race John



Male Jammer



### Female Hydrospeed Flux Race John

LIGHTEST PERFORMANCE TECH SUIT

**Lightest Hydrodynamic Performance Technology**

**Ultra-light fabric**  
Made with an ultra-light-weight fabric for minimum resistance

**Thin Construction**  
Produces a smooth surface that reduces friction

**Taped Edges**  
Creates a secure grip

**4-Way Stretch Fabric**  
Provides perfect compression around the muscles and body

**Multiple Sizes**  
Available in Sizes 24-36

Style: 1.10.030.101 | MSRP \$229.99

### Male Hydrospeed Flux Jammer

LIGHTEST PERFORMANCE TECH SUIT

**Lightest Hydrodynamic Performance Technology**

**Ultra-light fabric**  
Made with an ultra-light-weight fabric for minimum resistance

**Thin Construction**  
Produces a smooth surface that reduces friction

**Taped Edges**  
Creates a secure grip

**4-Way Stretch Fabric**  
Provides perfect compression around the muscles and body

**Multiple Sizes**  
Available in Sizes 24-36

Style: 1.10.032.101 | MSRP \$129.99



Female Race John



**Female Hydrospeed 2 Race John**

COMPETITIVE RACING SWIMWEAR

Suit Technology to Perform at the Highest Level of Competition

**Iso-Panel Compression**

Supports targeted muscle groups so that you can perform at the highest level of competition

**Hollow-Core Scalex Material**

Advanced lightweight structure compresses body and whisks away water

**Competitive Race John Cut**

Open back design provides coverage from neck to knee

**Multiple Sizes**

Available in Sizes 24-36

Style: 1.10.025.101 | MSRP \$119.99

Hydrospeed 2 suits are already sized down by 1 size



Female Bladeback



**Female Hydrospeed 2 Bladeback**

COMPETITIVE RACING SWIMWEAR

Suit Technology to Perform at the Highest Level of Competition

**Iso-Panel Compression**

Supports targeted muscle groups so that you can perform at the highest level of competition

**Hollow-Core Scalex Material**

Advanced lightweight structure compresses body and whisks away water

**Competition Bladeback Cut**

Open back design provides coverage from neck to waist

**Multiple Sizes**

Available in Sizes 24-36

Style: 1.10.024.101 | MSRP \$89.99

Hydrospeed 2 suits are already sized down by 1 size



Male Brief



**Male Hydrospeed 2 Brief**

COMPETITIVE RACING SWIMWEAR

Suit Technology to Perform at the Highest Level of Competition

**Iso-Panel Compression**

Supports targeted muscle groups so that you can perform at the highest level of competition

**Hollow-Core Scalex Material**

Advanced lightweight structure compresses body and whisks away water

**Competition Brief Cut**

Standard male styling

**Drawstring**

Tie suit around waist for an adjustable and secure fit

**Multiple Sizes**

Available in Sizes 24-36

Style: 1.10.131.101 | MSRP \$49.99

Hydrospeed 2 suits are already sized down by 1 size



Male Jammer



**Male Hydrospeed 2 Jammer**

COMPETITIVE RACING SWIMWEAR

Suit Technology to Perform at the Highest Level of Competition

**Iso-Panel Compression**

Supports targeted muscle groups so that you can perform at the highest level of competition

**Hollow-Core Scalex Material**

Advanced lightweight structure compresses body and whisks away water

**Competition Jammer Cut**

Coverage from waist to knee

**Drawstring**

Tie suit around waist for an adjustable and secure fit

**Multiple Sizes**

Available in Sizes 24-36

Style: 1.10.132.101 | MSRP \$69.99

Hydrospeed 2 suits are already sized down by 1 size





SKINBACK

### Skinback Swimsuit

THIN STRAP FEMALE SWIM SUIT

**Comfortable Swimwear Made with Long Lasting AquaTuff™ Technology**

**Skinback Style**

Thin straps improve mobility and reduce chaffing

**AquaTuff™ Technology**

Resists the damaging effects of chlorine and sunlight

**100% Polyester**

56% PBT - Polyester Blended Technology and 44% polyester material

**Fully Lined**

Front and back black colored lining reduces transparency

**Skinback** Sizes: 22-38

**Style: 1.10.119 | MSRP \$49.99**



BLADEBACK

### Bladeback Swimsuit

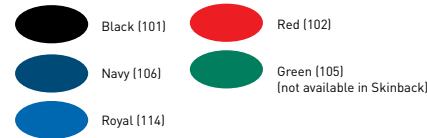
HIGH QUALITY DURABLE TRAINING SUIT

**Bladeback Style**

Thicker straps increase coverage and distribute pressure evenly across a larger area



Colors available in all styles unless otherwise noted. Bladeback Black & Navy available up to size 42



**Bladeback** Sizes: 26-40

**Style: 1.10.003 | MSRP \$49.99**



BRIEF

JAMMER

### Male Swim Suit

HIGH QUALITY DURABLE TRAINING SUIT

**Comfortable Swimwear Made with Long Lasting AquaTuff® Technology**

**AquaTuff® Technology**

Resists the damaging effects of chlorine and sunlight

**Comfort Fit**

Provides a fit and maximum range of motion

**Shape Retention**

Offers stretch, strength and durability

**Jammer** Sizes: 20-40

**Style: 1.10.107 | MSRP \$31.99**

**Brief** Sizes: 22-38

**Style: 1.10.102 | MSRP \$27.99**



YOUTH BLADEBACK

### Youth Bladeback

HIGH QUALITY DURABLE TRAINING SUIT

**Improved Fit for Younger Swimmers**

**AquaTuff® Technology**

Resists the damaging effects of chlorine and sunlight

**Comfortable Fit**

Provides a snug fit and maximum range of motion

**Shape Retention**

Offers stretch, strength and durability

**Youth Bladeback** Sizes: 18-24

**Style: 1.10.120 | MSRP \$49.99**



### Drag Suit

RESISTANCE TRAINING SUIT

**Build Strength and Endurance with Drag**

**Drag Effect**

Increases aerobic conditioning

**100% Polyester Mesh Fabric**

Resists the damaging effects of chlorine and sunlight

**Universal Comfort**

Designed for both men and women

**Drawstring**

Includes polyester drawstring for a secure fit

**Layering**

Designed to be worn over a swimsuit

Style: 1.20.001.101 | Sizes: 24-40 | MSRP \$29.99



### Ultimate Drag Suit

HIGH-RESISTANCE TRAINING SUIT

**Build Strength and Endurance with Drag**

**Drag Cups**

4 additional structured cups capture water and increase resistance

**Resistance Training**

The drag effect helps build muscles and increase endurance

**Boost Speed**

When resistance is removed, speed and stroke rate can be increased

**100% Polyester Mesh Fabric**

Resists the damaging effects of chlorine and sunlight

Style: 1.20.007.101 | Sizes: S-XL | MSRP \$35.99

Ultimate & Reversible Sizing Chart	
Small	26"-28"
Medium	30"-32"
Large	34"-36"
Xlarge	38"-40"



### Reversible Drag Suit

REVERSIBLE RESISTANCE TRAINING SWIM SUIT

**Build Strength and Endurance with Drag**

**Resistance Training**

The drag effect helps build muscles and increase endurance

**Layering**

Designed to be worn over a swimsuit

Colors: Navy/Yellow (295), Black/Red (210)

Style: 1.20.009 | Sizes: S-XL | MSRP \$35.99



YOUTH

### Thermal Swim Shirt

THERMAL SWIM TRAINING SHIRT

**Keep Warm During Your Swim**

**Thermal Properties**

Traps body heat with its Nobel Prize winning Polyolefin fibers

**Conforms to the Body**

Allows for a full range of motion with all strokes

Durable Polyester

Youth Thermal Swim Shirt				
Size	YXS (93)	YS (94)	YM (95)	YL (96)
Age	4-6	7-10	11-14	13-14
Height	3'9"-4'6"	4'6"-4'11"	4'11"-5'3"	5'3"-5'7"
Adult Thermal Swim Shirt				
Size	S (04)	M (05)	L (06)	XL (07)
Height	5'2"-5'6"	5'4"-5'9"	5'8"-6'	6'-6'3"
Weight	110-130	120-150	150-180	180-200

Style: 1.05.048.101 | MSRP \$49.99





114

101

## Female Water Polo Zipback

ZIP-BACK FEMALE WATER POLO SUIT

Train and Compete in a Durable Suit

### Full-Back Zipper

Secure hold throughout games and practice

### High-Neckline

Provides full coverage during competition

### AquaTuff® Technology

Comfortable material resists chlorine and sun damage

### Versatile

Designed for training and competition

**Colors:** Royal & Black with white contrast stitching

**Sizes:** 22-40 | **Style:** 6.10.003 | **MSRP \$59.99**



## Male Water Polo Brief

CLASSIC MALE WATER POLO SUIT

**Train and Compete with Comfort and Durability**

**Double-Lined Brief**

Adds durability to the suit

**AquaTuff® Technology**

Comfortable material resists chlorine and sun damage

**Versatile**

Designed for training and competition

**Colors:** Navy with gold logo and contrast stitching  
Black with white logo and contrast stitching

**Sizes:** 22-42 | **Style:** 6.10.001 | **MSRP \$27.99**



## Water Polo Ball

PRACTICE AND COMPETITION WATER POLO BALL

Practice and Play with a Top-of-the-Line Ball

**High-Quality Textured Grip**

Skillfully handle the ball with ease

**Elite Rubber Construction**

Designed to hold shape and built for durability

**Proprietary Construction**

Keeps consistent air pressure over time

**Regulation Size and Weight**

Suitable for competition and practice settings

**Multiple Sizes**

Available in Men's, Women's and Jr sizes

**Men's | Style:** 6.25.007.43 | **MSRP \$29.99**

**Women's | Style:** 6.25.007.49 | **MSRP \$29.99**

**Jr | Style:** 6.25.007.48 | **MSRP \$27.99**



## Team Water Polo Caps

SOLID TEAM WATER POLO CAPS

Durable Water Polo Cap Team Sets

**Form-Fitting Nylon Fabric**

Cap conforms to head shape comfortably

**Tie Closure**

Nylon strings secure cap to head

**Bold Contrasting Number**

Player number stands out clearly on each side of cap

**Sizes:** Men's (50), Women's (49), and Junior (48)

**Team Colors:** Navy (106) or White (100), including 2 red goalie caps

Expansion set also available in Men's sizes navy or white. Numbered 14-26.

**Team | Style:** 6.25.008 | **MSRP \$149.99/set**

**Expansion Set | Style:** 6.25.010 | **MSRP \$149.99/set**

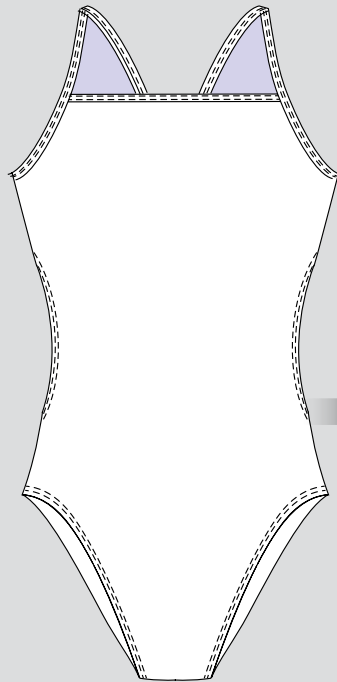


# Create Your Design

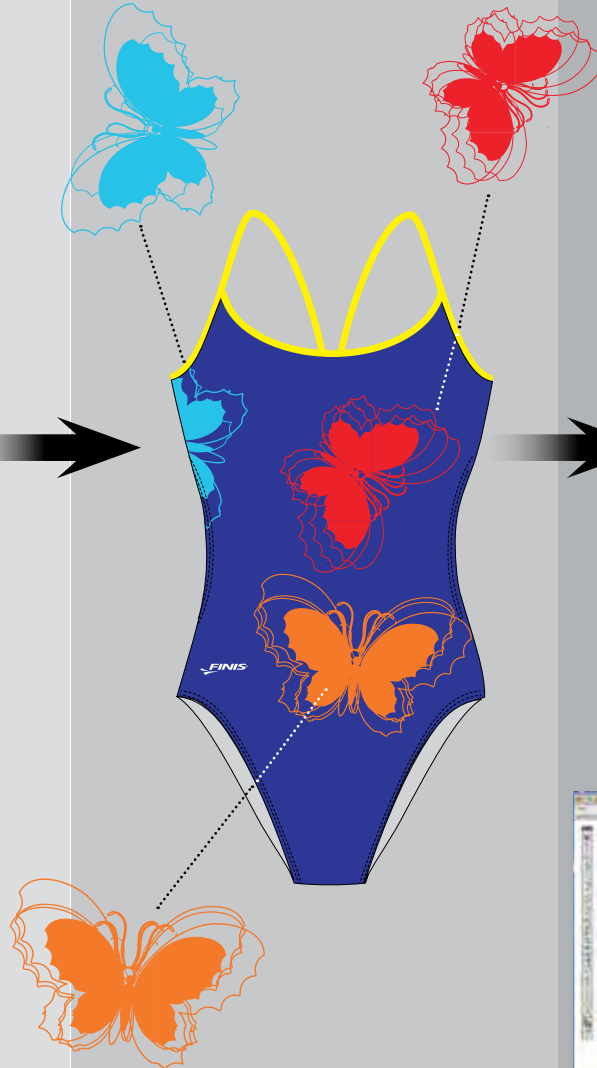
Tell FINIS What You Have in Mind Or You Can Create your Own

Talk to a FINIS representative about who you are as a team and we will work to create a design that represents your school. Or you can involve the team, work with a creative team member or parent who is a graphic designer and create the perfect look and feel to represent you.

1. Use the die lines provided by FINIS



2. Add your logo, photos and graphics



3. Save your file in .EPS or .ai formats and send to CustomGear@FINISinc.com





Female Bladeback



Female Openback



Female Skinback

## Custom Bladeback

### CUSTOM THICK STRAP FEMALE SUIT

Train and Compete in your Team Colors or Design

#### Customizable

Train and compete with 100% customizable Bladebacks; create any design or color scheme for your suit

#### Sublimation Printing

No limits to your design; choose any combination of non-fading colors or designs

#### AquaTuff® Technology

Resists the damaging effects of chlorine and sunlight

Custom Bladeback Sizes: 20-40

Style: 1.10.51 | MSRP \$67.99

Unique sizing applies. Request sizing kit at CustomGear@FINISinc.com

## Custom Openback

### CUSTOM OPEN BACK FEMALE SUIT

Train and Compete in your Team Colors or Design

#### Customizable

Train and compete with 100% customizable Openbacks; create any design or color scheme for your suit

#### Sublimation Printing

No limits to your design; choose any combination of non-fading colors or designs

#### AquaTuff® Technology

Resists the damaging effects of chlorine and sunlight

Custom Openback Sizes: 20-40

Style: 1.10.53 | MSRP \$67.99

Unique sizing applies. Request sizing kit at CustomGear@FINISinc.com

## Custom Skinback

### CUSTOM SKINBACK FEMALE SUIT

Train and Compete in your Team Colors or Design

#### Customizable

Train and compete with 100% customizable Skinbacks; create any design or color scheme for your suit

#### Sublimation Printing

No limits to your design; choose any combination of non-fading colors or designs

#### AquaTuff® Technology

Resists the damaging effects of chlorine and sunlight

Custom Skinback Sizes: 20-40

Style: 1.10.52 | MSRP \$67.99

Unique sizing applies. Request sizing kit at CustomGear@FINISinc.com



# Custom Swimwear

Set Your Team Apart  
with Custom  
Team Swimsuits

FINIS offers completely customizable AquaTuff® swimwear. Each suit starts as a blank canvas letting you work with endless combinations of images, colors, text, mascots and logos. AquaTuff® suits are made of a high quality blend of 100% polyester fabric, creating a comfortable fit that conforms to the body while providing a maximum range of motion. Designed for durability, AquaTuff® swimwear is resistant to chlorine and fading, and will not lose shape or deteriorate over time. Options include Bladeback, Skinback, Openback, Brief, Jammer, Drag Suit and Reversible Drag Suit.

**Contact FINIS to order  
your gear today:**

**Email: [CustomGear@FINISinc.com](mailto:CustomGear@FINISinc.com)**

**Phone: (888) 333-4647**

**Web: [FINISinc.com/Custom](http://FINISinc.com/Custom)**







Male Brief

**Custom Brief**  
CUSTOM CLASSIC MALE SWIM SUIT

**Train and Compete in your Team Colors or Design**

**Customizable**  
Create any design or color scheme for your suit

**Sublimation Printing**  
No limits to your design; choose any combination of non-fading colors or designs

**AquaTuff® Technology**  
Resists the damaging effects of chlorine and sunlight

**Custom Brief** Sizes: 20-40  
Style: 1.10.161 | MSRP \$35.99

Unique sizing applies. Request sizing kit at CustomGear@FINISinc.com



Male Jammer

**Custom Male Jammer**  
CUSTOM KNEE-LENGTH MALE SWIM SUIT

**Train and Compete in your Team Colors or Design**

**Customizable**  
Train and compete with 100% customizable Jammers; create any design or color scheme for your suit

**Sublimation Printing**  
No limits to your design; choose any combination of non-fading colors or designs

**AquaTuff® Technology**  
Resists the damaging effects of chlorine and sunlight

**Custom Jammer** Sizes: 20-40  
Style: 1.10.162 | MSRP \$47.99

Unique sizing applies. Request sizing kit at CustomGear@FINISinc.com



**Custom Reversible Drag Suit**  
CUSTOM REVERSIBLE RESISTANCE TRAINING SWIM SUIT

**Train and Compete in your Team Colors or Design**

**Customizable**  
Create any design or color scheme for your suit

**Sublimation Printing**  
No limits to your design; choose any combination of non-fading colors or designs

**Reversible**  
Choose different designs or the same design for the inside and outside of the suit

**Custom Reversible Drag Suit**  
Sizes: S-XL | Style: 1.20.023 | MSRP \$44.99

**Custom Drag Suit**  
Sizes: S-XL | Style: 1.20.022 | MSRP \$39.99





Bag not to proportion

**Custom Mesh Bag**  
MESH DRAWSTRING BAG



Personalize Each Bag with Swimmer's Name and Team Design

**Sublimation Printing**

No limits to your design; choose any combination of non-fading colors or designs

**Mesh Material**

Equipment dries in the bag to prevent mildew and bacteria

**Small Zip Compartment**

Conveniently stores smaller items

**Pull Drawstring**

Securely closes bag

15.5" x 27.5"

Style: 1.25.008 | MSRP \$39.99

Available in the U.S.A. exclusively through S&R Sports



**Custom Swim Cap**

CUSTOM LATEX AND SILICONE SWIM CAP

Train and Compete in your Team Colors or Design

**Customizable**

Swim cap can be designed to your team's specifications. Pick any design, color and style

**Multiple Styles**

Available in silicone and latex



**Custom Latex Swim Caps**

Style: 1.25.05

**Custom Silicone Swim Caps**

Style: 1.25.06

Contact for Prices



**Custom Water Polo Caps**

CUSTOMIZED TEAM WATER POLO CAPS

Distinguish your Team with Custom Design Water Polo Caps

**Completely Customizable**

Choose ear guard color, number colors, fabric colors and create artwork designs; name printing is also available

**Sublimation Printing**

Prevents fading and allows for an unlimited use of color in your design

One size fits all

Style: 6.10.010 | MSRP \$26.99

Available in the U.S.A. exclusively through S&R Sports



**Custom Water Polo Suit**

CUSTOM ZIP-BACK OR BRIEF SUIT

Train and Compete in your Team Colors or Design

**Customizable**

Create any design or color scheme for your suit

**Sublimation Printing**

No limits to your design; choose any combination of non-fading colors or designs



Female | Style: 6.10.006 | MSRP \$71.99

Sizes: 20-40

Male | Style: 6.10.004 | MSRP \$35.99

Sizes: 20-46

Available in the U.S.A. exclusively through S&R Sports

# Team Sponsorship

Want to take your team to the next level? Become a FINIS sponsored team and improve your team's look and training ability with customized gear. Whether it's swimming, triathlon or water polo, FINIS has sponsorship packages available for teams of all sizes. Swim Teams have the opportunity to get championship swimwear packages, providing swimmers with discounted prices on the top racing suits. US Junior National and US National meet qualifiers receive a free backpack and tech suit. Water polo teams can also customize caps and suits to meet their needs. All teams will receive a customized team banner great for team areas at meets and to hang at their home pool.

## Get Great Products at Great Prices for your Whole Team

### Customized Team Warm-Ups, Shirts, Caps, Bags and Suits

Unify your team with customized gear

### Championship Swimwear Packages

Provides swimmers with discounted prices on the top racing suits; Free backpack and tech suit for all US Jr National and US National meet qualifiers

### Free Coach Shirts and Warm-Up Jackets for Head and Assistant Coach

Helps coaches stay cool and comfortable during meets

### Team Banners

Receive a customized team banner great for team areas or home pools

Call us to review the complete Team Sponsorship Program. Our staff will work directly with you to help turn your team into a professional establishment!

**Tim Elson** Vice President  
(925) 273-0974  
telson@finisinc.com

**James Ramirez** (925) 273-0959  
jramirez@finisinc.com

**Mike Kauffman** (925) 290-2647  
mkauffman@finisinc.com

**Kevin Craig** (760) 445-9798  
kcraig@finisinc.com



## Coach Shirt

QUICKDRY EMBROIDERED POLO SHIRT

Keep Cool at Hot Meets

### Polyblend Quickdry Material

Wicks away sweat and keeps your body cooler at hot meets

### Multiple Sizes

Available in Small, Medium, Large, X-Large and XXL

### Machine Washable

**Sizes:** S (04), M (05), L (06), XL (07), XXL (08)

**Colors:** Black (101), White (100)

**Style:** 1.15.022 | **Sizes:** S-XL | **MSRP \$29.99**

## Team Warm-Ups

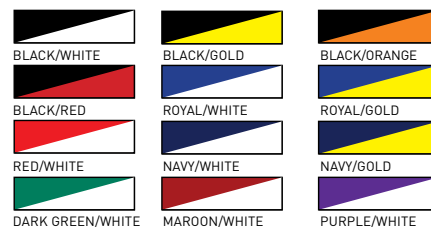
BRUSHED TRICOT WARM-UP JACKET AND PANTS

Travel to Meets Wearing Your Team Colors

### Heavyweight 100% Polyester Brushed Tricot

Durable and comfortable pants and jacket

Available in the following team colors:



**Sizes:** Available in Adult sizes XS-3XL and Youth sizes S-L

**Warm Up Jacket** | **Style:** 1.15.020 | **MSRP \$64.99**

**Warm Up Pant** | **Style:** 1.15.021 | **MSRP \$54.99**

Three week lead time







**LENS**  
Integration

**Lens Integration Technology**

Fusing the lens with the frame during assembly creates a durable and comfortable goggle.

**ONE**  
Frame

**One-Piece Frame**

Flexible and soft frame increases comfort and provides optimal fit. Ideal for youth and fitness swimmers.

**CUSTOM**  
Fit

**Custom Fit**

Utilizes an interchangeable nose bridge or tube design to create a personalized fit for any nose and face.

**ANTI  
FOG**  
Lenses

**Anti-Fog Lens**

Special coating reduces fog build up over time to increase vision clarity.

**UV**  
Protection

**UV Protection**

Partially filters out UVA and UVB rays to help reduce glare and protect the eyes.



241

## Lightning RACING GOGGLE

### Lowest Profile Racing Goggle

### Lens Integration Technology

Goggle frame and lens are fused as one piece to reduce drag

### Quick Clip

Designed for easy and quick strap adjustment

**Colors:** Silver/Mirror, Blue/Mirror, Black/Red, Blue/Blue, Clear/Aqua

**Material:** TPE Gasket | Silicone Strap | Polycarbonate Lens



237



210



265



256

Style: 3.45.073 | \$15.99 Mirror | \$13.99 Non-Mirror



238

## Stealth RACING GOGGLE

### Traditional Hard Frame Competitive Goggle

### Traditional Hard Frame Design

Lenses fit around your eye socket for a tight seal

### Low Profile Lenses

Designed for competitive swimmers to reduce drag

**Colors:** Blue/Mirror, Smoke, Blue

**Material:** Latex Strap | Polycarbonate Lens



002



001

Style: 3.45.052 | \$11.99 Mirror | \$4.99 Non-Mirror



241

## Thunder RACING GOGGLE

### Comfortable Competitive Racing Goggle

### Low Profile Lenses

Designed for competitive swimmers to reduce drag

### Silicone Gasket

Provides added comfort and a water-tight seal

**Colors:** Silver/Mirror, Jade/Mirror, Black/Smoke, Pink/Pink, Clear/Clear

**Material:** Silicone Gasket and Strap | Polycarbonate Lens



272



239



293



001

Style: 3.45.077 | \$15.99 Mirror | \$13.99 Non-Mirror







205

### Cascade

#### SOFT FITNESS GOGGLE

Comfortable Goggle for Fitness and Open Water Swimmers

#### Soft One-Piece Frame

Durable frame designed for swimmers 14 years and older

#### Silicone Strap

Provides security and comfort around head

#### Easy Secure Side Clips

Makes for quick adjustment and a universal fit



242

Colors: Blue/Clear, Silver/Smoke

Material: TPR Frame | Silicone Strap | CP Lens

Style: 3.45.058 | MSRP \$9.99



265

### Breeze

#### LIGHTWEIGHT FITNESS GOGGLE

Lightweight Goggle for Fitness and Open Water Swimmers

#### Soft One-Piece Frame

Durable frame designed for swimmers 14 years and older

#### Lightweight, Long Lasting Comfort

Ideal for fitness and open water swimmers

#### Easy Secure Side Clips

Makes for quick adjustment and a universal fit



255

Colors: Blue/Blue, Clear/Clear

Material: TPR Frame | Silicone Strap | CP Lens

Style: 3.45.071 | MSRP \$11.99



253

### Shockwave

#### WIDE LENS FITNESS GOGGLE

Wide Lens Fitness Goggles that Provide Maximum Eye Protection

#### High Definition Lenses

Available in the Smoke style, the HD Lenses offer maximum eye protection, filtering out 100% of blue light and improving contrast and depth perception

#### Curved Lenses

Provides an optimal goggle fit with no underwater distortion



255

Colors: Smoke/HDL, Clear/Clear

Material: TPR Frame | Silicone Strap | Polycarbonate Lens

Style: 3.45.035 | MSRP \$16.99



252

### Energy

#### COMFORTABLE FITNESS GOGGLE

Most Comfortable Goggle for Fitness and Open Water Swimmers

#### Curved Carbon Polymer Lenses

Reduces distortion and provides optimal viewing

#### Soft One-Piece Frame

Durable frame designed for swimmers 14 years and older

#### Universal Fit

Great for all face shapes



221



113

Colors: Pink/Clear, Clear/Smoke, Blue/Clear

Material: TPR Frame | Silicone Strap | CP Lens

Style: 3.45.065 | MSRP \$14.99





131

**NEW**

**Surge**  
POLARIZED GOGGLE

Designed For Open Water and Triathlon Training

**Polarized Lens**  
Provides optimum clarity and reduces eye strain

**Glare Prevention**  
99% of vertical glare is removed, includes UVA/UVB protection

**Wide Curved Lens**  
Reduces distortion for optimal peripheral viewing



125

**Colors:** Black/Yellow, Silver/Black

**Material:** TPR Frame | Silicone Strap | Polycarbonate Lens

Style: 3.45.074 | MSRP \$39.99



**Replacement Goggle Strap**  
SILICONE ADJUSTABLE GOGGLE STRAP

Replacement double-strap securely holds goggles in place

**Easy Adjustable Back Clip**  
Easily adjust strap to fit correctly and tightly

**3/8" (1 cm) Silicone Strap**  
Prevents slippage and maintains a secure fit

**Universal Fit**  
Compatible with racing or fitness goggles that use a double or 3/8" wide headstrap

Style: 3.25.010 | MSRP \$3.99







H2 Jr Goggles



UNITED STATES SWIM SCHOOL  
ASSOCIATION

FINIS goggles are the official goggles of the United States Swim School Association



234

**NEW**

**Jellys**  
KIDS GOGGLE

**Colorful Lil' Kids Goggles**

**Young Kids Sizing**

Ideal for swimmers ages  
2-6 years old

**Kids Clip**

Easy to snap on and off

**Soft Eye Gasket and  
One-Piece Frame**

Made of silicone for  
ultimate comfort



202



439

**Colors:** Pink/Purple, Blue/Green, Red/Yellow

**Materials:** Silicone Frame | Silicone Strap | Polycarbonate Lens

**Style:** 3.45.075 | **MSRP \$7.99**





103

### Fruit Basket

KIDS SIZE SCENTED GOGGLE

Fun Scented Goggles that Smell Like Fruit!

#### Fruit Scented

Blue Berry, Purple Grape, Pink Cherry, and Green Sour Apple

#### Youth Sizing

Ideal for swimmers ages 3-8 years old

Colors: Blue Berry, Purple Grape, Pink Cherry, Green Sour Apple

Materials: TPR Frame | Silicone Strap | Polycarbonate Lens

Style: 3.45.008 | MSRP \$12.99



266

### H2 Jr

COMFORTABLE KIDS GOGGLE

Designed Specifically For Kids

#### Designed For Kids

Ideal for swimmers 4 to 12 years old

#### Leak-proof Frame

Unique design fits kids faces with a water-tight seal

#### Soft Eye Gasket

Provides comfort for sensitive faces

Colors: Green/Clear, Blue/Clear, Pink/Aqua

Materials: PVC Frame | Silicone Strap | Polycarbonate Lens

Style: 3.45.009 | MSRP \$11.99



264



### Nitro

YOUTH AND NARROW FACE GOGGLE

Comfortable Goggle for Youth and Narrow Faces

#### Narrow Design

Fits youth swimmers and adults with smaller faces

#### Soft One-Piece Frame

Durable frame accommodates taller nose bridges

Colors: Red/Clear, Blue/Yellow, Clear/Clear, Aqua/Smoke, Pink/Purple

Materials: TPR Frame | Silicone Strap | CP Lens

Style: 3.45.069 | MSRP \$11.99



110



112



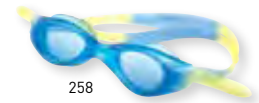
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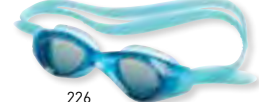
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258



255



226



292





**NEW**

## Hydrospeed Dome Cap

HIGH PERFORMANCE RACING CAP

### Race Faster with Less Drag

#### Ultra Thin Racing Technology

0.3mm racing material designed for high performance

#### Ultrasonically Welded Seams

Hydrodynamic construction helps remove air pockets and ripples

#### Faster than Skin

Smooth surface has 50 times less drag than human skin

#### Friction Reduction

Coefficient of friction much less than both silicone and latex materials  
(Hydrospeed Dome = 0.032, Silicone = 0.20-0.70, Latex = 0.25-0.75)

#### FINA Approved

Sizes: S (04), M (05), L (06)

Color: Black

Style: 3.25.020 | MSRP \$49.99





## **Thermal Cap** THERMAL SWIM CAP

---

**Keep Your Head Warmer During Your Swim**

**PU Coated Material**

Designed to keep head warmer in cooler water

**Versatile**

Ideal for triathlons and open water swimming

**Elastic Edge**

Creates secure fit around base of cap

One size fits all

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Style: 3.25.025.116 | MSRP \$14.99

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### Spandex Cap SPANDEX SWIM CAP

#### Cleanly Keep Hair off Face and Neck

##### Snug Fit

Keeps hair pulled cleanly away from face and neck while swimming

##### Soft Spandex Fabric

Stretchable material is gentle on the hair

##### Elastic Edge

Creates secure fit around base of cap

One size fits most

**Solid Colors:** Black (101), Red (102), Royal Blue (114)

**Style:** 3.25.012 | **MSRP \$7.99**



### Silicone Cap SILICONE SWIM CAP

#### Reduce Drag and Swim in Comfort

##### Soft 100% Silicone

More durable and comfortable than latex; protects hair against chlorine and sun damage while reducing drag in the water

##### Versatile

Perfect for racing, training and fitness

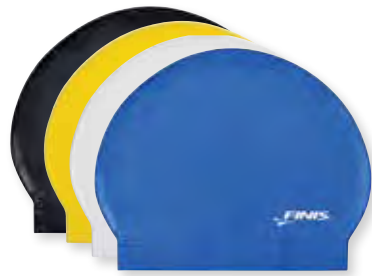
##### Rippled Edge

Creates secure fit around base of cap

One size fits most

**Solid Colors:** White (100), Black (101), Red (102), Blue (103)

**Style:** 3.25.002 | **MSRP \$7.99**



**Latex Cap**  
LATEX SWIM CAP

Reduce Drag and Protect Hair Against Chlorine and Sun Exposure



One size fits most  
**Solid Colors:** White (100), Black (101), Blue (103), Yellow (104)

**Style: 3.25.001 | MSRP \$2.99**

**Design:** FINIS (Yellow 104, Black 101)

**Style: 1.25.015 | MSRP \$1.99**

**Design:** USA Flag (429)

**Style: 3.25.001 | MSRP \$3.99**



**Reversible Silicone Cap**  
SILICONE SWIM CAP



One size fits most  
**Reversible Solid Colors:** Yellow/Green (220), Blue/Red (201), Pink/Aqua (440)

**Style: 3.25.016 | MSRP \$9.99**

**Designs:**

**Smiley Swimmer (448) | MSRP \$11.99**

**Racing Stripe (452) [not pictured] | MSRP \$11.99**

**USA vs. AUS (461) | MSRP \$11.99**



**Animal Heads**  
ANIMAL SHAPED SILICONE CAP

Enjoy the Water with Fun Animal Designs

**Soft 100% Silicone**  
More durable and comfortable than latex; protects hair against chlorine and sun damage

**Fun Animal Designs**  
Soft ears or fins protrude from the top of the head

**Youth Size**  
Designed specifically for smaller heads

**Rippled Edge**  
Creates secure fit around base of cap

**Colors:** Shark (311), Otter (309), Reef (303), Hippo (312), Angel (304), Polar (300)

**Style: 3.25.036 | MSRP \$9.99**



**Nose Clip**

High quality nylon material and silicone pads

One size fits all  
**Colors:** Clear, Blue

**Style: 3.25.005 | MSRP \$3.99**



**Ear Plugs**

Specialized shape prevents the plug from being inserted too far into the ear

One size fits all

**Style: 3.25.006 | MSRP \$3.99**





**Performance Duffle Bag**  
WATER RESISTANT DUFFLE BAG



**Store and Protect Belongings on Wet Pool Decks**

**Designed for Athletes**

Large enough to accommodate swimming gear including towels

**100% Nylon Ripstop Fabric**

Durable and water resistant fabric protects belongings from wet pool decks and weather

**Re-enforced Zippers**

Quickly and easily access contents

**Endcap Compartments**

Keep wet and dry gear separate

**Care**

Machine Washable

Dimensions: 19.5" x 11.5" x 10.5"

Style: 3.25.120 | MSRP \$49.99



**Performance Backpack**  
DRY COMPARTMENT BACKPACK

**Durable Athletic Backpack With Detachable Dry Bag**

**Designed for Athletes**

Large enough to accommodate all swimming gear including towels

**Detachable Dry Mini Backpack**

Expandable bag with straps keeps wet items separate

**Internal Compartments**

Small pockets safely hold goggles, sunglasses, and other valuables



Dimensions: 18" x 14" x 14"

ZIP-OFF BOTTOM

Style: 3.25.114 | MSRP \$49.99



**Team Backpack**  
SWIM BACKPACK

**Keep All Your Swim Gear in One Place**

**Specialized Wet Pockets**

Keep wet gear separate; pockets don't soak through

**Integrated Laptop Pocket**

Keeps laptop separate and protected

**Side Mesh Pockets**

Lets wet items dry faster

**Durable Zippers**

Keep bag securely closed

**Waterproof Bottom**

Ideal for protecting gear from wet pool decks

Dimensions: 17" x 13" x 6"

Style: 3.25.110.101.06 | MSRP \$39.99



**Mesh Gear Bag**  
MESH DRAWSTRING BAG



**Keep All Your Swim Equipment in One Convenient Bag**

**Mesh Material**

Equipment dries in the bag to prevent mildew and bacteria

**Small Zip Compartment**

Conveniently stores smaller items

**Pull Drawstring**

Securely closes bag

Colors: Red [102], Black [101], Blue [103], Yellow [104]

Dimensions: 30"x18"

Style: 1.25.010 | MSRP \$9.99







## Waterproof Kids DVD

LEARN TO SWIM DVD

**A Fun Guide for Teaching Children to Swim**

**Positive Educational Style**

Helps parents teach children of all ages how to swim in a fun way

**Versatile**

Includes segments on babies 6 months to 2 years, toddlers 2 to 4 years, children 5 to 12 years, teens and adults, and a segment on open water

**iParenting Award Winner**

Recognized for teaching kids to be safe in the water as they discover the fun of swimming

Style: 5.30.013 | MSRP \$19.99



## Open Water Swimming DVD

INFORMATIONAL OPEN WATER SWIMMING DVD

**Swim More Successfully in Open Water**

**Teaches Fundamental and Advanced Skills**

Learn how to perform to the best of your ability in the open water

**Start with the Basics**

Build confidence in a pool before jumping into an open water swim

**Tips for Racing Faster**

Master open water swimming techniques, entries, and exits

Style: 1.05.024 | MSRP \$39.99



## FINIS Technical Training DVD

An in-depth look at the benefits and features of our most popular technical items

Learn tips on how to use the Swimmer's Snorkel, Monofins, Forearm Fulcrum, Alignment Kickboard, and more!

Style: 1.05.090 | MSRP FREE



## Total Immersion Book & DVD

Learn the basics of each stroke in these revolutionary guides to swimming

**Triathlon Swimming Made Easy Book**

Style: 1.05.080 | MSRP \$19.99

**Easy Freestyle (DVD)**

Style: 1.05.091 | MSRP \$39.99



## The Race Club DVDs

INSTRUCTIONAL DVDS HOSTED BY MIKE BOTTOM AND GARY HALL JR

**Learn to Race from the Best**

**Hosted By Mike Bottom and Gary Hall Jr**

Learn techniques and training methods from world-renowned sprint coach Mike Bottom and 10-time Olympic medalist Gary Hall Jr

**The Three Styles of Freestyle**

Style: 1.05.058 | MSRP \$39.99

**Fundamentals of Fast Swimming**

Style: 1.05.91 | MSRP \$39.99



## Swim Power II DVD

INFORMATIONAL SWIMMING DVD

Master the Best Drills to Improve your Freestyle

### Teaches 10 Important Freestyle Drills

Step through each drill to improve stroke efficiency

### Versatile

Helps swimmers of all capabilities swim more proficiently

### Hosted by Steve Tarpinian

Has worked with over 20,000 swimmers at every age and ability level

Style: 1.05.019 | MSRP \$39.99



## Triathlon Transitions DVD

INFORMATIONAL TRIATHLON DVD

Master the 4th Discipline with Michael Collins

### Pre-Race Preparation Tips

Learn how to focus and get ready before a triathlon

### Swim to Bike and Bike to Run Techniques

Master the 2 triathlon transitions and improve your overall time

### Practice Sessions

Get new ideas on how to improve running mounts, dismounts and speed

Style: 1.05.031 | MSRP \$39.99



## Go Swim DVDs

INFORMATIONAL SWIMMING VIDEO SERIES

Learn Better Technique from Olympic Medalists and Elite Caliber Coaches

### Informational Tips, Drills, and Techniques

Gain a better understanding of how to swim more efficiently in the water

24 Separate DVD's available

Style: 1.05 | MSRP \$39.99



## Swimformation

SWIM TRAINING BOOK & POSTER

Complete Swim Training Resource – Just Add Water!

### Training Resource Book

Complete with swimming theories and tips including stroke rate, anaerobic threshold, intensity zones, aerobic power and more

### Ultimate “Cheat Sheet” Poster

Outlines important information as a reference to swimmers and coaches

### Biomechanics

Scientific approach to swimming which includes training principals based on algorithms and the science of exercise

Style: 1.05.092 | MSRP \$49.99





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# FINIS









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*Swim Diaper*  
REUSABLE SWIM DIAPER

Comfortable Swim Diaper For Swim Schools and Public Schools

Washable and re-usable  
100% polyester, chlorine resistant

Size:	Age:	Weight:
Small (04)	3-6 months	9-15 lbs.
Medium (05)	6-12 months	15-22 lbs.
Large (06)	12-18 months,	22-28 lbs.
XLarge (07)	18-24 months	28-33 lbs.
XXLarge (08)	24-30 months	33-38 lbs.
3T (09)	36 months	34-41 lbs.
4T (10)	48 months	38-45 lbs.

Colors: Pink Bubble (277), Solid Pink (112), Blue Octopus (433), Solid Royal (114), Lime Green (105)

Print | Style: 5.20.014 | MSRP \$9.99

Solid | Style: 5.20.015 | MSRP \$9.99



*Fishtail Fins*  
CHILDREN'S LEARN-TO-SWIM FINS

Transitioning Children into Swimmers

**Adjustable Heel Snaps**  
Ensures a snug fit and can be worn while children grow

**Learning Tool**  
Helpful at the most basic level, promotes proper body position and reduces bicycle kicking

**Zero Buoyancy**  
Fins do not influence the child's buoyancy making them very easy to use

**Two Sizes**  
Baby Fin for children 3 months to 4 years  
Junior Fin for children 5 to 7 years old

Baby Fin Blue | Style: 1.05.049.37 | MSRP \$31.99

Junior Fin Yellow | Style: 1.05.049.48 | MSRP \$31.99



*Kids Finz*  
CHILD/TODDLER SWIM FINS

Experience the Excitement of Forward Propulsion

**Engineered for Small Feet**  
Helps young swimmers learn a proper horizontal body position in the water

**Soft Polyvinyl Material**  
Offers comfort and flexibility

**Adjustable Velcro Heel Strap**  
Easy to put fins on and off; can be adjusted as child grows  
Replacement Heel Straps sold separately

Children's: Adjustable to fit size K11-2  
Toddler's: Adjustable to fit size K6-10

Child | Style: 5.35.008.103.51 | MSRP \$15.99

Toddler | Style: 5.35.010.104.52 | MSRP \$15.99

Kid Finz Replacement Strap | Style: 5.35.009 | MSRP \$3.99






Available in over 65 countries



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toll free: 888-333-4647 | fax: 925-454-0066



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