**Recommended Aquatic Exercise Equipment & Resources:**

Featured below: tried and true brands and types of aquatic equipment. Pro Action has no association with any company/business and does not profit from any sales. This list is provided only to assist patients with finding equipment they may have used in therapy. When making choices: read descriptions and reviews, consider prices, and choose according to his/her own personal needs. ***Our aquatic therapists strongly urge you not to purchase products before determining what exactly you need. All this equipment may be tried in therapy sessions.***

*Good General Retailers:*

Online: <https://www.theraquatics.com/> <https://www.kiefer.com/>

<https://www.sprintaquatics.com/> <https://www.h2owear.com/>

<https://www.amazon.com/> <https://www.swimoutlet.com/>

Local Business: Capital Sport and Swim (301)949-7366

10558 Metropolitan Ave. Kensington MD 20895

Email: cssmd@verizon.net

*\*Limited selection belts, gloves, exercise gear, lots of suits, caps, goggles*

Floatation Belts/Vests:

[Aquajogger Classic Belt](https://www.theraquatics.com/aquajogger-classic-belt.html)

[Aquajogger Pro Belt](https://www.theraquatics.com/aquajogger-pro-belt.html) : for those with greater muscle mass, 30% more floatation than classic belt

[Kiefer Aquatic Belt](https://www.kiefer.com/gift-guides/kiefer-water-workout-swim-flotation-belt-html.html) : only company whose product features an elasticized belt

[Kemp USA Water Belt](https://www.poolsupplyunlimited.com/pool/kemp-usa-14-006-med-water-aerobic-belt/160801p1?gad_source=4&gad_campaignid=21370075639&gbraid=0AAAAAD0DTAwupumNzw_41ZmVUKo0SFsPC&gclid=CjwKCAjwwNbEBhBpEiwAFYLtGJZqr1AJgt1X0CjPrEB9WZhU7Zm9A_dI_kMZzpqg4QAQYyx8FOObGRoCtmUQAvD_BwE)

[Wet Vest Aquatic Trainer Belt](https://www.hydrofit.com/wet-vest-aquatic-trainer/) : integrated saddle holds the belt in place, preventing it from riding up

[Hydrofit Wet Vest 2](https://www.theraquatics.com/wet-vest-ii-adult.html) : full vest

Dumbbells: Remember that larger width = greater buoyancy/resistance. Smaller width = less buoyancy/ resistance

[Slim Line Dumbbell](https://www.theraquatics.com/theraquatics-slimline-barbell.html) : lightweight and good for beginners; 4 lb. submerged force (sold individually, order 2)

[Budget Dumbbell](https://www.theraquatics.com/6013.html) : wider width; 7 lb. submerged force (sold individually, order 2)

[Aquadisc](https://www.theraquatics.com/smiley-face-aquadisk-sold-in-pairs.html): reduces the force on shoulders

[Easy Grip Dumbbells](https://www.theraquatics.com/theraquatics-easy-grip-dumbbells-sold-in-pairs1.html): for those with arthritic hands, trouble with gripping

[Push Bell](https://www.theraquatics.com/push-bell.html): another product for those with difficulty gripping

Aqua Gloves: Webbed gloves; Great for added resistance for upper extremity exercises.

[Silicone Aqua Gloves](https://www.theraquatics.com/silicone-aqua-gloves.html)

[Neoprene Webbed Gloves](https://www.theraquatics.com/aqua-gloves.html)

Weighted Ankle Cuff Weights: In a pool, you must use aquatic graded cuffs (not weighted cuffs designed for land exercises!) These may be nice for spinal traction in suspension. Also used to help those with weakness maintain control of buoyancy. Remember: you must transport them to/from pool!

 [Aquatic ankle weights](https://www.kiefer.com/gift-guides/kiefer-ankle-weights-wrist-weights-html.html) : 1#, 1.5 #, 2# pairs. Ask your therapist to recommend which is correct.

Resistance Fins for Legs: for added leg strengthening

[Aqualogix Resistance Fins](https://www.amazon.com/AquaLogix-Maximum-Resistance-Aquatic-Training/dp/B088H5J1L1/ref%3Dsr_1_5_sspa?crid=2UM98Z9UUAY6Q&dib=eyJ2IjoiMSJ9.7RdhXp-kZwlnWe_PXCS9FdjwiNm3sv-KrsS5UN3zdyAT6buWlGZaQrIWRmlAKWDU6Infht-LRg6eHe4FPhjICsyH8RXnUbHwWUJZ0HIm2Di0mvuquI-qAyEDmfJVQ0z0six1V0-hfqE1Jv1TlWYpUFG54tMJQZo1MDXkzeUMXB8rr7IT93I2AqYIdvFqR3QIQrChhD8CLcEXO25djHJKxKMeLteFcF1rVz_7uAF0AShPuRwUvII0_uCcHQo1aY4mA3OkYAcwOJQxPEyttUE4ctQDrkRlphrWrlTQanV9C-Y.9pFrA_zoVHXefaGjh-Bx5gDzriDHwjQGzvNMGAqt1Kc&dib_tag=se&keywords=aqualogix+water+exercise+equipment&qid=1758061481&sprefix=aqualo%2Caps%2C195&sr=8-5-spons&sp_csd=d2lkZ2V0TmFtZT1zcF9hdGY&psc=1)

Floatation Cuffs for Ankles: added floatation increases the water’s natural resistance

 [Bouyancy Micro cuffs](https://www.theraquatics.com/buoyancy-micro-cuffs.html)

 [Water Gear Aqua Cuff](https://www.theraquatics.com/wagepraqcu.html)

 [Hydrofit float-it](https://www.hydrofit.com/wet-vest-float-its/)

Resistance Aquabells: Used for core and upper extremity strengthening

 [Aquabells, medium resistance](https://www.amazon.com/AquaLogix-Medium-Resistance-All-Purpose-Aquatic/dp/B08HNG62V4/ref%3Dsr_1_8?crid=2UM98Z9UUAY6Q&dib=eyJ2IjoiMSJ9.ZHVoptkq4ZASoOWJ2UJMvQkDsOgnErq2ZT6PB57ix_14hA14j9SdIOco9lHYO1UsMuPy-EnkDxOCImHQb5sSASbn2i933hYky4lWnjeETFNvSCq-q3-s-bcoGWa52FVynogku-hF0ArumAAJGG4eb1G54tMJQZo1MDXkzeUMXB8rr7IT93I2AqYIdvFqR3QITBXKmnwdj0fMLXk80w3R5IRUodAg4NV0Ppcxx9lXxoJPuRwUvII0_uCcHQo1aY4mA3OkYAcwOJQxPEyttUE4ctQDrkRlphrWrlTQanV9C-Y.81wMQzCmRPAepf-Gnfj5lqFgCOyxdMnie5mLQc6cA-U&dib_tag=se&keywords=aqualogix+water+exercise+equipment&qid=1758061630&sprefix=aqualo%2Caps%2C195&sr=8-8)

 [Aquabells, max resistance](https://www.amazon.com/AquaLogix-PolyCarb-Blue-Resistance-Aquatic/dp/B085WM5KP1/ref%3Dsr_1_7?crid=2UM98Z9UUAY6Q&dib=eyJ2IjoiMSJ9.ZHVoptkq4ZASoOWJ2UJMvQkDsOgnErq2ZT6PB57ix_14hA14j9SdIOco9lHYO1UsMuPy-EnkDxOCImHQb5sSASbn2i933hYky4lWnjeETFNvSCq-q3-s-bcoGWa52FVynogku-hF0ArumAAJGG4eb1G54tMJQZo1MDXkzeUMXB8rr7IT93I2AqYIdvFqR3QITBXKmnwdj0fMLXk80w3R5IRUodAg4NV0Ppcxx9lXxoJPuRwUvII0_uCcHQo1aY4mA3OkYAcwOJQxPEyttUE4ctQDrkRlphrWrlTQanV9C-Y.81wMQzCmRPAepf-Gnfj5lqFgCOyxdMnie5mLQc6cA-U&dib_tag=se&keywords=aqualogix+water+exercise+equipment&qid=1758061630&sprefix=aqualo%2Caps%2C195&sr=8-7)

Pool Noodle: Not all noodles are the same! The length of noodle, diameter of noodle, and whether they are solid core or hollow core all have influence in the amount of buoyancy/resistance a noodle provides. \* Note: Pro Action sells a quality pool noodle that is of the type used for suspension exercises. $15, available at the JCC office.

 [55” solid core noodle](https://www.amazon.com/Oodles-Deluxe-Noodles-Length-Included/dp/B071R3PSMP/ref%3Dsr_1_6?crid=1RHG22AWPCHXQ&dib=eyJ2IjoiMSJ9.PN70pRJ0Bv1PxqdFgrNcFODirC5s_0dljZPw18gUJOu4QWY6j3ov2Gnks2q6j7ScIGSnsFLP1LUShZNdlQmvMG4H9_Gbj5MgI59Z9S9SHQ_92olxwFud0R5rHqMl2pc4s0jnSYuZM7hQmJk_mtRc4MDiVT1jFeiLqg1FO1_VhPW_rFESmpgZP0-VN5QrHzWinjJr2DCV7EZICYsY8bIbV8cVE7kVlx281cz6gC7sBrhEj1hB2nZvKyavb8GrsLkuIhXedCEtsmgT8BAenFZJOdPKgSOQ_VaqwujFFbe7L8Q.nHInuaz2p2g_F82gebmAHRQwB548isAo3x_LXyAoHSE&dib_tag=se&keywords=pool%2Bnoodle%2B3%22%2Bsolid%2Bcore%2B56%2Binches&qid=1758062033&sprefix=pool%2Bnoodle%2B3%2Bsolid%2Bcore%2B56%2Binches%2Caps%2C99&sr=8-6&th=1)

 [60” solid core noodle](https://www.amazon.com/Workoutz-Noodle-Commercial-Quality-Aquatic/dp/B01HPFKZ8Y/ref%3Dsr_1_8?crid=2UN0KAN1P0HF1&dib=eyJ2IjoiMSJ9.enScGEKfagdDylpbGTas1x9MHE8OQw1fkelPfjF9qAPsqotqpHyYli9X-9pojrHGdWqouKg8bc5d_g6n7vQp-9Q9UNFEonvydyUiDosQIpRPSlciHAAMTpLVbZzUKTb8W557E9SlrtMO4XjvgadFKvOza3qo_oyTANy0jOBebqV_BK6I0svg1Qm-WnF-oO8HsO7KzPY-IJh1sBGukqllxQfA89lvdRT4d5E3kmMdk29jEKZWj1GUiKWva7s6lDy_PTkjA2adEEw322S3aP1NfGPh9LAy-RgR3Zue42L9kLA.Uv2OAWle7irA5RTlN48FINxZ2nRLTG3JSN4TP0Uu0ro&dib_tag=se&keywords=pool%2Bnoodle%2B2%27%2Bhollow%2Bcore%2B56%2Binches&qid=1758062122&sprefix=pool%2Bnoodle%2B2%27%2Bhollow%2Bcore%2B56%2Binches%2Caps%2C85&sr=8-8&th=1): may be better larger/ taller bodies with greater muscle mass (men)

 [Hollow core noodle](https://www.amazon.com/Hollowfly-Floating-Training-Swimming-Projects/dp/B0F5Q9BRFW/ref%3Dsr_1_21_sspa?crid=KB11AIBTVCZE&dib=eyJ2IjoiMSJ9.I0KdSyCv1mQ7SAtgGXMtKZQ3W5gvS3BrEYdtzjeQ8cik7FgfO3xgc6hVtRAAYnDuvRb4iuft2-LMWDxkeDSHO7ZE8sWjRQeNVrG4yZfYFViDKxX1ks5oRehMuerj5xY5SEd2_wa6fDIMiOkUs2On-wJ6fZg3yKuM1FxMkEONWQ8hRyeQG4EfLX71tU20A19XmZlkvT1yqA_QZR5F3pihTT256tNWhViLPrFCqTu5gfy_oLxzXFx6ml7pDlQcPNMrTS7Yk0eDcIdnJBBTLx02pyMgZzJjfQ5q2kuEfWlxgwc.jA2P_njFsy6Z31if9v2rafSSsNZHRgb0z4aQctaWNR4&dib_tag=se&keywords=budget%2Bhollow%2Bpool%2Bnoodle&qid=1758062456&sprefix=budget%2Bhollow%2Bpool%2Bnoodle%2Caps%2C64&sr=8-21-spons&sp_csd=d2lkZ2V0TmFtZT1zcF9tdGY&th=1): lighter, for those who need less resistance when submerging noodle

Short Blade Swim Fins: the ***only*** type of swim fin that is recommended for training proper flutter kick

 [Zoomers](https://www.amazon.com/FINIS-Zoomers-Gold-Fins-G/dp/B0043GWVO0/ref%3Dsr_1_7?crid=1C2V8WT8N196D&dib=eyJ2IjoiMSJ9.14ff8jGOwVcFMUOz-VR7MOwX6qLAH4GcE_297hgp5eleNmASod_lkv72iC9HGnchlRXKSl6bhwo9BWWbgI4DEIKKPTx_FgETELu4T8d7kHuVhXovPL09vBrWKB-fvpqb5owwRYREV0LdWYIsg7d6K03nuXpwpw8xvDvYXfCBmupw8iMLY6wkHKSy93M-g529C_RF_mK3sSvWMuka3RqjZLGIQFSU0UqLacMOmBeWY5C6P5UYQcQ9nVGsjZJ3AoXiG_nzvlS5YnPCMZoiVHLQOmNAHlqcbIo6adqvhvi0HKY.h6nBAnr1DPJqjtIprOo-qhFW-r1muTUUq32CAPfqye8&dib_tag=se&keywords=finis%2Bshort%2Bswim%2Bfins&qid=1758062694&sprefix=finis%2Bsho%2Caps%2C116&sr=8-7&th=1) by Finis

[Capas Training Fins](https://www.amazon.com/CAPAS-Training-Comfortable-Silicone-Swimming/dp/B0B77964SY/ref%3Dsxin_22_pa_sp_search_thematic_sspa?content-id=amzn1.sym.5a2f80d8-3686-499a-bbaa-70664bd0de70%3Aamzn1.sym.5a2f80d8-3686-499a-bbaa-70664bd0de70&crid=SWIPU35KNOTE&cv_ct_cx=speedo%2Bshort%2Bswim%2Bfins&keywords=speedo%2Bshort%2Bswim%2Bfins&pd_rd_i=B0B77964SY&pd_rd_r=ff50f00d-066b-4645-b5a4-6b96dfb3a5d8&pd_rd_w=PooxI&pd_rd_wg=0MYuX&pf_rd_p=5a2f80d8-3686-499a-bbaa-70664bd0de70&pf_rd_r=7H2VH04C525T80J9K8D2&qid=1758062827&sbo=RZvfv%2F%2FHxDF%2BO5021pAnSA%3D%3D&sprefix=speedo%2Bshort%2Bswim%2Bfins%2Caps%2C82&sr=1-1-6024b2a3-78e4-4fed-8fed-e1613be3bcce-spons&sp_csd=d2lkZ2V0TmFtZT1zcF9zZWFyY2hfdGhlbWF0aWM&th=1)

Buoyancy Collar: for extra neck support for relaxation in suspension and floating positions

 [Kiefer Neoprene Bouyancy Collar](https://www.kiefer.com/kiefer-neoprene-float-swim-collar.html)

 [Inflatable Neck collar](https://www.theraquatics.com/inflatable-child-neck-collar.html)

Incontinence Undergarments: We recommend using toilet immediately prior to an aquatic session. For added safety, these are wonderful and discreet, worn under a bathing suit. Use size chart.

 [Swimmates](https://www.amazon.com/Swimmates-Disposable-Swim-Diapers-Medium/dp/B00KY3YWRK/ref%3Dsr_1_1?crid=3034KGMSW3SCD&dib=eyJ2IjoiMSJ9.IOGQYtDoDHB_PP9QKJ3wLwZygN2dpbzsv--x1uWC1RhZqZibjOAhUJX1fWaU29MT7wAMh-kg7wewg1R9rikBPHUX4SvpcuPoPBaXJJICHH802T5y6pELrkNINUgYztIRghJOtoK6N7i_gWzfZAYRXRXWCQsxBVVdxjR6MQS8-UdfEQjpEIiOt9RmyYNROiIBc-gYhpOMMVuHGqkKSnlnT5Vttxy2zLs7rjHHKBeb6m9Ge8lBTtBFiHe6Hyb_GjqaOzGpkPXOve_qCkjcoJ3ze9Pzegs4BmSaGRTcwsSQpaY.CnLNixitp32KcWJIsI2OlsF_lDs0e8YtDIaZi_rscY4&dib_tag=se&keywords=swimmates%2Bdisposable%2Bswimwear%2Bsmall&qid=1758063380&sprefix=swimmates%2B%2Caps%2C95&sr=8-1&th=1)

Water Shoes: Highly recommended for protection of the feet, prevention of falls, and to permit improved grip of the feet on the floor of the pool. Many styles, types, and prices. Some favorites:

[Ryka](https://www.amazon.com/dp/B07HYXJLWB?ref=nb_sb_ss_w_as-reorder_k0_1_4&amp=&crid=3OLPUUSLBZ2J2&amp=&sprefix=ryka): women’s

[Men’s](https://www.amazon.com/Quick-Dry-Outdoor-Athletic-Kayaking-41/dp/B07MQ7KBPB/ref%3Dsr_1_5_sspa?crid=2LRGDFIRQS4JK&dib=eyJ2IjoiMSJ9.kGtBvSR8uBf_QkRH5b_e29BEG59CCgdB8IQ9ClssAI1_ol6yCusI4wD27doMPqaZYhbtW2eXU0wflq3PY0tRB392EstPlFiOad6F07oyhMN92WSCx-6-bG2rQes1N9xZ500xTsWdg-5Sb9AiZwA66ZSMnV40G4b-aCQ04Ds0q0BXz_wZOpXutiAOgQc-I13ijZ0rM4hlDnG8HCXJmncjOkqjHQea6PJOXHjRtgTN8_LZzzCepuSP9YoOob_CTgXy3pHIcrmYMCK01yV5Me6Cb-yOnizd0LUCoy1z2kPhdtA.ds9U3j_sMldAlo_ts8rKMNlMG1yHIKQTl0dovEF3wJ0&dib_tag=se&keywords=mens+water+shoe&qid=1758063609&sprefix=mens+water+shoe%2Caps%2C120&sr=8-5-spons&sp_csd=d2lkZ2V0TmFtZT1zcF9hdGY&psc=1) water shoes

[Aquasocks budget water shoes](https://www.amazon.com/SEEKWAY-Quick-Dry-Snorkeling-701-Black/dp/B07ZQFDK2K/ref%3Dsr_1_8?crid=3OEFE67PTN8LO&dib=eyJ2IjoiMSJ9.wVIBiljPHuR7l5VVs_kZUNO_R4Tlosw7g6jGW2mDHi48NpX3HgrbMd913i-fJKTRKfKt6417HUa56wkh7slTWbFKGCq2x-7yoU4601YgXjrfvqpWYlQFpmGVgN5DNiL5LO8U_QQCM-Pg_XEFZfRfdBeMN-I7w-FvuqHnFMqQPxLlCJ_9eFNPy_iOZ0aDfjDb9w6xH2RAg7tvlyN0TzK8KSdTQbW-daM-46uTEM5X4kRm47xNuKTJO0uqqyRtj4GHXNshGH0KQgjPNsoV_azJTpYhdxfplo9fJjgWEjstxwQ.TNlal3xZvNFm6T73FjEXaqhNmWHVjh-gbsBr3YpKoJ0&dib_tag=se&keywords=budget+water+shoe+womens+mens&qid=1758063744&sprefix=budget+water+shoe+womens+mens+%2Caps%2C110&sr=8-8)

Chlorine Removing Shampoo:

 [Malibu C](https://www.amazon.com/dp/B0741C9WP2?ref=nb_sb_ss_w_as-reorder_k0_1_8&amp=&crid=3IYQ7OIP624K2&sprefix=malibu%2Bc&th=1): Kathy’s favorite! Paraben and sulfate free, safe for chemically treated/processed hair.

 [UltraSwim](https://www.amazon.com/UltraSwim-Chlorine-Removal-Shampoo-Ounces/dp/B000052Y0S/ref%3Dsr_1_1_sspa?crid=3UDQZWPOC6K1A&dib=eyJ2IjoiMSJ9.WdXKW5ZrPDpKvm1WCsca6CK5cUEjLOAOBSgaFObvg-OhxXlid6XdmJEkEiUtV-SawG31gV6TX9N-ld6WPQKrVES4oxOIVhhsEB9V7JfU2QDLXNdzt7QLcplpK7xsAtIObQqt3_dAUVwjkYBQZWJ_VvYL3Sqf6P6G3lcmbgjIzeOIYxx2UpuJZQZhILRsRXotpD1ufTSGqqLWLJo_OJsSo-Jqjw6p6kZgPTtTfGY_TsqZDYNqAIYkPPG0K4VO2eOtHoLTfUo86FgF5NayGrIZkE0b7i42E1gQ2Xlf80kH2R0.aajFr4mP4kBt45KoiCKr4JklsIkv0GBrwccYmhCwjSw&dib_tag=se&keywords=ultra%2Bswim&qid=1758064349&rdc=1&s=beauty&sprefix=ultra%2Bswim%2Cbeauty%2C96&sr=1-1-spons&sp_csd=d2lkZ2V0TmFtZT1zcF9hdGY&th=1): less expensive, does have sulfates

Clothing:

* Swim clothing for modesty purposes, need an extra layer, search on web using terms like “chlorine resistant leggings,” “jackets for water exercise”, “aquatic shirt”, ...etc.
* [H2Owear.com](https://www.h2owear.com/) is known for their chlorine resistant, high-quality items. Swim separates and clothing for ALL SIZES (XS through 3XL)
* Need extra warmth: use search terms “***neoprene*** (2 or 3 mm) jacket or pants”. These are what scuba divers/snorkelers wear. These garments should fit VERY snuggly, making them a little challenging to put on. They must be tight fitting to keep warmth in. ***Pay attention to size charts.***