

TRAINING FINS REFERENCE GUIDE



LONG FLOATING FINS
FLOATING SWIM FINS



SWIMMER ABILITY

BEGINNER

The long blade provides more resistance and impact on the down-kick and results in the most forward propulsion.



DESIGNED IN CALIFORNIA
U.S.A. PATENTED

BEST TO USE FOR...

Focusing on correct body alignment and breathing patterns.



BLADE TYPE

Long-blade fin, made of natural rubber.

BENEFITS

- Correct body position
- Instant forward propulsion
- Buoyancy

Designed to provide buoyancy and elongate swimmers' kicks.



Z2 GOLD ZOOMERS®
SHORT BLADE SWIM FINS



SWIMMER ABILITY

BEGINNER & INTERMEDIATE

Low-impact fin, easy to push through the water on the down-kick and provides forward propulsion on the up-kick.



DESIGNED IN CALIFORNIA
U.S.A. PATENTED

BEST TO USE FOR...

Drill sets, cross-training, or rehab.



BLADE TYPE

Short, narrow blade, made of natural rubber.

BENEFITS

- Forward propulsion
- Correct body position
- Reduces leg fatigue

Designed to be worn during drill sets for added forward propulsion.



POSITIVE DRIVE FINS
FOUR STROKE TRAINING FINS



SWIMMER ABILITY

BEGINNER & INTERMEDIATE

Low-impact fin that generates correct propulsion in all four swim strokes, including breaststroke.



DESIGNED IN CALIFORNIA
U.S.A. PATENTED

BEST TO USE FOR...

Individual medley training.



BLADE TYPE

Short, circular blade fin, made of natural rubber.

BENEFITS

- Improves ankle flexibility
- Increases foot speed
- Increases strength in all four strokes

Designed to increase ankle flexibility and foot speed in all four swim strokes.



ZOOMERS® GOLD
SHORT BLADE TRAINING FINS



SWIMMER ABILITY

INTERMEDIATE

Low-impact fin, easy on the down-kick and provides the least amount of forward propulsion on the up-kick to keep your legs working hard.



DESIGNED IN CALIFORNIA
U.S.A. PATENTED

BEST TO USE FOR...

Longer freestyle, backstroke, and kick sets.



BLADE TYPE

Short-blade fin, made of natural rubber.

BENEFITS

- Increases leg strength
- Builds cardiovascular conditioning
- Improves ankle flexibility

Designed to promote shorter, faster kicks and build leg muscle.



EDGE FINS
MUSCLE-BUILDING TRAINING FINS



SWIMMER ABILITY

BEGINNER & INTERMEDIATE

It takes power to push these fins through the water in both directions, and they will give your legs the ultimate workout.



DESIGNED IN CALIFORNIA
U.S.A. PATENTED

BEST TO USE FOR...

Sprint sets and muscle activation in longer freestyle sets.



BLADE TYPE

Short, wide blade, made of 100% silicone.

BENEFITS

- Strength and endurance
- Builds cardiovascular conditioning
- Proper kick starting at your hips and not your knees

Designed to improve kicking technique and activate key muscle groups.



BOOSTER FINS
SHORT BLADE SWIM FINS



SWIMMER ABILITY

BEGINNER

Booster swim fins are ideal for swimmers learning to swim.



DESIGNED IN CALIFORNIA
U.S.A. PATENTED

BEST TO USE FOR...

Feedback from Booster fins teaches swimmers how kicking generates forward movement through the water.



BLADE TYPE

Short-blade fin, made of natural rubber.

BENEFITS

- Open-toe design on the fins' underside prevents chafing and ensures a comfortable fit
- Promotes extension of legs to develop proper body position
- Heel tab adds durability and makes fins easy to put on and take off

Designed to accommodate young swimmers as they transition out of FINIS Fishtail 2 swim fins.



BUTTERFLY



BACKSTROKE



BREASTSTROKE



FREESTYLE

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FISHTAIL 2 FINS LEARN-TO-SWIM FINS



SWIMMER ABILITY

BEGINNER

Flippers are designed to be worn as soon as a child can walk (9 months & up) so they can train to swim at the same time



DESIGNED IN CALIFORNIA

BEST TO USE FOR...

Rewards even the smallest kicks with forward movement to accelerate learning and build confidence in the water.



BLADE TYPE

Short-blade fin, made of natural rubber.

BENEFITS

- Adjustable foot strap ensures a snug fit that can accommodate children as they grow
- Open heel and toe design increases range of motion for the most comfortable fit while swimming

Designed to be worn as soon as a child is able to walk