

Wetsuit Care

Do not wring your wetsuit. Wringing crushes the tiny air bubbles inside which are the very insulation you purchased the suit for. Rinse in cool water and hang to dry, out of the sun.

Tips on Packing Your Wetsuit in Your Suitcase

Wrap clothes in your wetsuit and roll it up. Don't squeeze it. Try not to have any places where the neoprene bends and forms a crease or point. Any place where it creases causes a compression in the neoprene (rubber) which closes the air cells inside, which decreases the warming ability in that part of the suit.

Wetsuits Tops for Class

A temperature of 80 degrees is balmy for air, but not for water. The pools where our Freestyle class is held are about 80-84 degrees. TSI's classes are about comfort and that means being warm. In the Freestyle class you'll be getting more exercise than in our previous classes, however, an insulating layer has been appreciated by every single student in our Freestyle classes. We're in the water for 3 or 3.5 hours a day. We would like to make sure each of you maintains your heat.

Wetsuit Shirts And Vests

Shirts: about \$90 with shipping (online). Vests: about \$60. You may also find one in a surf shop or a dive shop. We recommend that you purchase one, as once class is over, you most likely won't find a pool at home that's warm.

Purchasing

The wetsuits we use are 1.5 millimeter neoprene wetsuits made by O'Neill called the Gooru. Call O'Neill at 1-831-475-4151. (Nay, we don't work for O'Neill!) We highly recommend the vest, which gives you more range of motion, though long sleeved shirts provide more sun protection. Order one size smaller than your normal size. Two sizes lower is not a bad idea, but one size lower is a good rule of thumb. It must fit you like your skin, with no air gaps or wrinkles. Any place where there's a gap will be a place where water runs through and it will not keep you warm. Also bring a long-sleeved t-shirt to class that you can wear under your wetsuit top for warmth to fill up extra space, or in case your suit's a tad large in some places.

Renting

TSI will bring wetsuit shirts to class, which you may rent if we have one in your size for \$20 for 1-7 days. If you'd like to rent one, please tell us what size you'd like. We have these sizes: Women's 8 (1), 6 (2), 12, 14 (2), Men's Large (2).

We have one Women's 6 vest and one Women's 12 vest.

You'll be able to sign them out and keep them for the week.

We will only bring the wetsuits requested.



Long sleeved Gooru

To find a dealer near you: go to

<http://www.oneill.com/company-authorized-dealer.php>