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8 Best Swim Goggles of 2024

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Reviewed by [Marlo Jappen Porto](#)

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Swim goggles are standard equipment for swimmers. More than just an accessory that keeps water out of your eyes, goggles can also eliminate glare, decrease water resistance, and protect the eyes against irritation from improperly balanced water.

If you're on the hunt for a new pair of goggles, we've got you covered. We put in the research and spoke to swimming industry experts to come up with a list of the top models. The Speedo Vanquisher 2.0 Mirrored Swim Goggles earn our best overall pick, but we've also included options for a variety of needs: a prescription model, a pair with augmented reality that displays metrics in real time, and goggles with swipe technology to prevent fogging. In other words, the goggles we reviewed aren't the basic models that you'll find in the seasonal aisle of a drug store.

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Best Overall

Speedo Vanquisher 2.0 Mirrored Swim Goggles...

**PROS:**

- ✓ Panoramic lenses for peripheral vision
- ✓ Cushioned silicone gaskets
- ✓ Multiple color options and lens types

CONS:

- ✗ Difficult to change nose bridge
- ✗ No smart tracking

[Buy From Amazon](#)

Whether you're a competitive swimmer or a casual swimmer who likes to take a few leisurely laps at the pool, you'll want to take a look at the Speedo Vanquisher 2.0 Mirrored Swim Goggles. This pair has wide panoramic lenses to help you see more of the pool around you as you swim. These lenses have an anti-fog coating and UV protection, as well as cushioned silicone seals for added comfort. Plus, the mirrored finish works to reduce glare for improved vision.

The Vanquishers provide a tight inner-eye fit to prevent water from leaking in. Additionally, they come with four interchangeable nose pieces to further help

swimmers achieve an ideal fit. Choose from nearly a dozen color choices from a basic black to a lime green.

Specs

List Price:	\$29.50
Lens Type:	Mirrored, tinted, or clear
UV Protection:	Yes
Anti-Fog Coating:	Yes

[Buy From Amazon »](#)

Best Budget

Aegend Swimming Goggles »



PROS:

CONS:

- ✓ 180-degree panoramic view
- ✓ Multiple color choices

✗ May fog up, according to reviewers

Buy From Amazon

For a more budget-friendly pick, take a look at the Aegend Swimming Goggles. You can purchase these swim accessories for just under \$12, which is less than half the price of many of the other pairs on our list. The goggles feature durable polycarbonate lenses with a silicone gasket to keep them securely in place on your face. Both a UV-protection coating and an anti-fog coating are added to the lenses to protect your eyes and ensure you're able to see clearly as you swim.

Unlike many other goggles that require you to pull them over your head to secure them into place, this pair features a back clasp. Open or close it with ease, without snagging your hair. The Aegend Swimming Goggles are available in 14 different color combinations, with a mix of mirrored, tinted, and clear lenses to choose from.

Specs

List Price:	\$11.99
Lens Type:	Mirrored, clear, or tinted
UV Protection:	Yes
Anti-Fog Coating:	Yes

Buy From Amazon »

Best Prescription

TYR Adult Corrective Optical Goggles »



PROS:

- ✓ Range of corrective prescription options available
- ✓ Split head strap
- ✓ Polycarbonate lenses with UV protection

CONS:

- ✗ No anti-fog coating
- ✗ Only two color choices

[Buy From TYR](#)

The TYR Adult Corrective Optical Goggles, which earns our pick for the best prescription goggles, allows swimmers to see clearly underwater without wearing contacts. Available with corrective diopters between -2.0 and 8.0, there are a range of options to suit a variety of prescription needs. The wide-angle lenses are designed to provide long-wave ultraviolet A (UVA) and short-wave ultraviolet B (UVB) protection for your eyes.

These goggles from TYR have thermal plastic rubber gaskets to keep them securely on your face without letting any water in. The split head strap with adjustable side-lock clips ensures a comfortable – but secure – fit as you swim.

Specs

List Price:	\$29.99
Lens Type:	Clear
UV Protection:	Yes
Anti-Fog Coating:	No

[Buy From TYR »](#)

Best Anti-Fog

Arena Cobra Ultra Swipe Mirror Goggle »



PROS:

- ✓ Swiping finger reactivates anti-fog properties
- ✓ Low profile for reduced drag
- ✓ Three lens types available

CONS:

- ✗ Pricey
- ✗ May be too small for some users

Buy From Amazon

The Arena Cobra Ultra Swipe Mirror Goggles utilize special technology to keep the lenses from fogging up while you swim, which can prevent the lenses from getting foggy up to 10 times longer than other goggles. If the lenses start to fog, quickly and easily reactivate the technology by swiping your finger across each lens.

Arena designed these goggles with competitive swimmers in mind. Beyond the anti-fog technology, they feature a low-profile design to reduce drag and help swimmers beat out the competition. The dual strap is adjustable to offer a comfortable and secure fit, and five adjustable nose bridges are included with each order to help you find the ideal fit. Choose from mirrored, clear, or tinted lenses based on your preferences and the conditions in which you'll be wearing the goggles.

Specs

List Price:	\$80
Lens Type:	Mirrored, tinted, or clear
UV Protection:	No
Anti-Fog Coating:	Yes

Buy From Amazon »

Best for Kids

Finis H2 Goggles »



PROS:

- ✓ Silicone eye gaskets for comfort
- ✓ Adjustable back clip for easy adjustments
- ✓ Relatively inexpensive

CONS:

- ✗ Only three color options
- ✗ May be too small for older children

[Buy From Amazon](#)

Bonnie Alcid, CEO and multi-unit franchise owner of British Swim School, recommends the Finis H2 Goggles for young swimmers. She says, "They offer a molded frame and silicone eye gaskets; they fit the face frame comfortably with some flexibility and the silicone eye gaskets prevent leakage." Another favorable feature that Alcid points out is the dual-strap

design. She explains, “Dual straps are recommended as they distribute pressure evenly around the head. Goggles with one strap tend to slip or be worn too low around the base of the head causing goggles to fall off or leak easily.”

This pair of goggles should fit most swimmers who are between 4 and 12 years old. Some of the other key features include the adjustable clip in the back to make it easier to find the perfect fit, the anti-fog lenses, and the UV protection integrated into each pair. There are three color combination options, two with clear lenses and one with tinted lenses.

Specs

List Price:	\$15
Lens Type:	Clear or tinted
UV Protection:	Yes
Anti-Fog Coating:	Yes

[Buy From Amazon »](#)

Best for Competitions

Speedo Speed Socket 2.0 Goggles »

**PROS:**

- ✓ Low-profile fit
- ✓ Wide, panoramic view
- ✓ Anti-fog and UV-protected lenses

CONS:

- ✗ May be too tight for some users
- ✗ Some users note that the goggles tend to fog up

[Buy From Amazon](#)

If you're gearing up for a race, you might decide that the Speedo Speed Socket Goggles are right for you. Available with mirrored, polarized, or tinted lenses, you can find the perfect lens type based on your preferences and swim environment. The lenses are also coated with anti-fog and UV protection to help ensure the best possible swimming experience.

To reduce drag and help you beat your personal best, this pair features a low-profile design. The wide lenses allow for panoramic vision to help you keep track of how you are performing compared to the other swimmers in the pool. Some other notable features include the double head strap to keep the goggles tight and in space and the hypo-allergenic gaskets. This pair is also latex-free and suitable for use by those with a latex allergy.

Specs

List Price:	\$45
Lens Type:	Mirrored, polarized, or tinted
UV Protection:	Yes
Anti-Fog Coating:	Yes

[Buy From Amazon »](#)

Best for Open Water

Form Smart Swim Goggles »



- PROS:

 - ✔ Displays metrics for each session
- CONS:

 - ✘ Expensive

- ✓ Syncs to app via Bluetooth
- ✓ Automatic stroke detection

✗ No UV protection

Buy From Amazon

Try the Form Smart Swim Goggles for your next open-water swim. The augmented reality display makes it possible to keep track of your distance, speed, and various other metrics that are otherwise difficult to track when you’re not swimming in a lap lane. This display is integrated into the goggles, so you don’t have to interrupt your workout to check progress. You can even customize if you want the metrics displayed from your right or left lens based on personal preferences.

Beyond the smart features, these goggles are designed with performance in mind. They feature leak-free silicone seals, an anti-fog coating, and mirrored lenses to cut back on glare. The smart features have a 16-hour battery life. You can also pair them with a Garmin or Apple smartwatch for additional ways to check progress.

A one-year free trial of premium features, including more than 1,500 workouts, 45 training plans, and an in-goggle visual coach, comes with each purchase. After the initial year-long trial, you’ll have to pay a monthly fee to keep these premium features.

Specs

List Price:	\$199
Lens Type:	Mirrored
UV Protection:	No
Anti-Fog Coating:	Yes

Buy From Amazon »

Most Comfortable

Zionor G1 Polarized Swim Goggles »



PROS:

- ✓ Soft, flexible silicone gaskets
- ✓ Ergonomic nose bridge
- ✓ Adjustable head strap
- ✓ Curved lenses for enhanced clarity

CONS:

- ✗ Some customers noted that the lenses scratched easily
- ✗ Doesn't come with multiple nose bridges

[Buy From Amazon](#)

Several features make the Zionor G1 Polarized Swim Goggles a comfortable option. First, the gasket is made from silicone, which is both soft and flexible. With this material, you can find a fit that'll be secure without irritating the skin around your eyes. While the nose bridge isn't adjustable, it's made

from a flexible material that won't dig into the side of your nose. To keep your eyes comfortable and protected, these goggles have polarized lenses to help keep UV rays or bright lights from impacting the health of your eyes or your overall vision.

The Zionor G1 Polarized Swim Goggles are available in several color options. This pair includes anti-slip straps, curve lenses that provide a panoramic view of the water around you, and anti-fog lenses.

Specs

List Price:	\$35.99
Lens Type:	Polarized
UV Protection:	Yes
Anti-Fog Coating:	Yes

[Buy From Amazon »](#)

The Bottom Line

Before shopping for a new pair of goggles, Alcid says, "First, identify why you are shopping for a pair of goggles; are you using them for recreational swimming, learn-to-swim programs, competitive training, racing, or triathlons?" Our selections above offer a range of product types to help you meet these varying needs. As Alcid says, "There is an appropriate brand and style to fit every usage and budget."

We chose the Speedo Vanquisher 2.0 Mirrored Goggles as our top pick because of their anti-fog and UV lenses, panoramic view, and snug, customizable fit. However, depending on your budget and specific swimming needs, you may decide that one of the other pairs of goggles we reviewed is a better fit for you.

Things To Consider When Buying Swim Goggles

Comfort and Fit: “No matter the use, or age, proper fit is essential,” shares Alcid. “Most important,” she says, “is how the goggles sit across the bridge of the nose and good suction.” When pressed against your eye socket, the lenses should remain in place and there should be no gaps. All it takes is a small gap for water to be able to penetrate the goggles. When possible, opt for silicone or rubber seals. These materials will offer a more comfortable fit, particularly for those who will be wearing the goggles for an extended period.

According to Chris DeJong, founder and president of Big Blue Swim School, “There are normally about three different shapes that goggles come in: Round, almond, and a bit more of an organic shape with corners. Depending on the wearer’s eye shape, one goggle shape will fit better than the others.” Consider the shape of your eye and when possible, try on goggles before purchasing to check the fit.

Lens Type: The next factor to consider when shopping is the lens type. Goggle lenses may be clear, colored, or mirrored. As Tokarski explains, “The choice between clear, tinted, or mirrored lenses depends on the swimming environment and personal preference.” For example, clear lenses that let more light in could create a glare for those who are swimming in bright sunlight. However, they can be a good choice for indoor swimming or even open water swimming because of how much darker the water can be than that of a pool.

Some goggles may also have tinted lenses. The darkness of the tint will impact which conditions it is best for. Darker tints, such as blue or black, can block some sunlight while still allowing you to see clearly in a variety of lighting conditions in both indoor or [outdoor pools](#). Lighter tinted goggles can be a good choice for those who swim in the morning when there is minimal lighting. The lighter color of the lenses helps make your surroundings look brighter and easier to navigate. Orange lenses will make things look the brightest, but green, pink, and purple lenses can have a similar effect.

Mirrored lenses have a dark tint with a mirrored finish. They are a good pick for outdoor swimming as the darker tint and metallic-like surface can reduce glare and

make it easier to swim in very bright and sunny conditions.

Fog and UV Protection: Some manufacturers add special coatings or use other technologies to reduce fog and protect swimmers against harmful UV rays. “Look for goggles with anti-fog coatings to keep your vision clear while underwater,” says Tokarski. Such goggles will allow you to swim for longer periods without stopping to clear your line of sight.

“However, “if the fit is wrong it won’t matter,” says DeJong. “An uncomfortable pair of goggles will be taken on and off in the pool. Any wiping and constant exposure to chlorine will cause the fog shield to be damaged.”

Tokarski explains, “If you swim outdoors often, UV protection helps shield your eyes from the sun, ensuring optimal visibility and eye safety in any swimming condition.” Consider where you will be spending the majority of your time swimming, and opt for goggles with UV protection when needed.

Prescription Options: If you’re a glasses or contacts wearer, you’ll want to consider prescription goggles, which are also referred to as optical goggles, to help you see clearly as you swim. There are two types available: premade or custom. Premade optical goggles come in diopters – units that measure the optical power of a lens. Manufacturers carry a select range of diopters (-2.0 through -8.0, for instance).

With custom goggles, you can get a pair made just for you with your exact prescription. Keep in mind, custom goggles tend to be pricier than premade models and take longer to ship. However, this tradeoff may be worth it if you have an astigmatism, different prescriptions for each eye, or a prescription that’s not available for premade goggles.

How We Chose the Best Swim Goggles

We considered a range of factors while compiling our list of the best swim goggles. First, we sought to include options to match the varying needs of our readers, including picks for those shopping for competitions, open-water swimming, or children. We also kept budgets in mind and strove to include products that are available at different price points. Finally, we reached out to three experts in the

swimming industry for their thoughts and opinions on what to consider when choosing a new pair of goggles: Kim Tokarski, category director of pool lifestyle products at [Leslie's](#); Bonnie Alcid, CEO and multi-unit franchise owner of [British Swim School](#); Chris DeJong, founder and president of [Big Blue Swim School](#).

WHY SHOULD YOU TRUST US?

[Deirdre Mundorf](#), the author of this piece, was a member of her community swim team and spent nine years as a swim instructor, a lifeguard, and a pool manager, so she knows how much of a difference the right pair of goggles can make when swimming. Mundorf has been writing product reviews for more than five years. During her time on the 360 Reviews team, she has covered topics such as the [best water shoes](#) and [portable air conditioners](#). You can read more of Mundorf's work in several other online publications, including USA Today, Bob Vila, and House Digest. The reviewer of this piece, [Marlo Jappen Porto](#), has been an editor at U.S. News 360 Reviews since 2022, specializing in the home and health categories.

FAQ

- What are the benefits of swim goggles?

+
- How can I prevent my swim goggles from leaking?

+
- What's the difference between open-water goggles and pool goggles?

+
- What should competitive swimmers look for in swim goggles?

+

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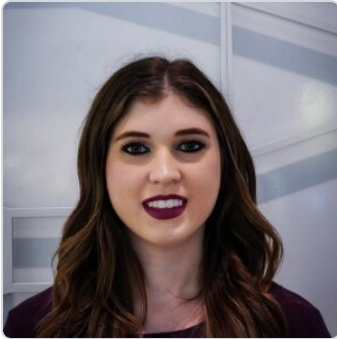
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Mundorf is a freelance writer who specializes in home goods, family, and pet content. She has more than three years of experience as a professional writer and her work has been featured in [Bob Vila](#), [Discover Magazine](#), and [House Digest](#). Prior to her freelancing career, Mundorf was an elementary school teacher for more than a decade.

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