

## Kit List

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Here it is a detailed list of what kit the athletes are required for each session specifically:

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### WEDNESDAY - Land Session

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#### *Clothing*

Close-fitting bottoms e.g. leggings

Comfortable top

Trainers

Hair must be tied up

#### *Kit*

Drink

Yoga mat - [example here](#)

Skipping rope

£2 per length of Theraband – club will provide

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### WEDNESDAY - Pool Session

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#### *Clothing*

Swimming Costume

Swimming hat

Goggles

2 x noseclips

Flip flops

#### *Kit – to be in a netted bag*

Drink

Kickboard – named

Pull buoy - named

Training fins

#### *Kit – to be in swim bag*

1 x spare swimming costume

2 x spare swimming hat – 1 must be white - all members will be provided with a club hat

1 x spare goggles

1 x spare noseclip

Towel, shampoo etc.

## Kit List

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### SUNDAY - Land Session

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#### *Clothing*

Close-fitting bottoms e.g. leggings  
Comfortable top  
Trainers  
Hair must be tied up

#### *Kit*

Drink  
Tennis ball  
1 x Yoga block - [example here](#)  
Yoga mat - [example here](#)  
£2 per length of Theraband – club will provide

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### SUNDAY - Pool Session

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#### *Clothing*

Swimming Costume  
Swimming hat  
Goggles  
2 x noseclips  
Flip flops

#### *Kit – to be in a netted bag*

Drink  
2 x 5litre water bottles – named - [example here](#)  
Pull buoy - named

#### *Kit – to be in swim bag*

1 x spare swimming costume  
2 x spare swimming hat – 1 must be white - all members will be provided with a club hat  
1 x spare goggles  
1 x spare noseclip  
Towel, shampoo etc.

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