



(Lancashire) S.C.

*President: Steve Parry*

As at September 2006

## **TRAINING KIT**

1 x Kit Bag

1 x Kickboard

1 x Pullbouy

1 x Rubber Ankle band

1 x Hand Paddles

1 x Finger Paddles

1 x Training Snorkel

1 x Short Fins

1 x Zoomers

2 x Goggles

1 x Drag Shorts/Costume

1 x Heart Rate Monitor

1 x Skipping Rope/Stretch Cords or Bands

1 x Spare Swim Cap

1 / 2 Large FULL Drinks Bottle

All equipment must be brought to every training session

