TELETOTS TRAINING KIT

In addition to a swim suit/trunks, goggles and hat the following equipment is necessary for Teletot sessions.

Please remember that when representing the Club your swim suit/trunks should be **black** and a **Club hat** should be worn.

Club hats, t-shirts, vests, hoodies, track bottoms and bags are available from Karen Baines.

Local suppliers who have a good supply of swimming equipment include Podium Sports (Montgomery Road, Belfast) and the Athletic Stores (Queen Street, Belfast).

If ordering on the internet please remember to go to the Club website first (www.templemore.org.uk) and then click through to Amazon or whatever retailer you wish to buy from – this way the Club receive a small commission at no cost to you.

Item	Recommended Product	Internet based Suppliers	Price Range
Kickboard	Finis Alignment Kickboard	www.swimshop.co.uk www.amazon.co.uk	£9.29 £9.99
Pullbuoy	Junior Pullbuoy Solid by Win or Speedo	Club Shop (link at bottom of welcome page of club website) www.swimshop.co.uk www.allensswimwear.co.uk	£3.80 - £10.00
Fins	Rubber Training Fin by Win, Keifer, Speedo, Pool or Zoggs	Club Shop (link at bottom of welcome page of club website) www.swimshop.co.uk www.allensswimwear.co.uk	£7.20 - £16.99

Hand Paddles	Flexi Paddle by Zoggs	Club Shop (link at bottom of welcome page of club website) www.swimshop.co.uk	£8.99 - £10.00
Forearm Fulcrum	Finis Forearm Fulcrum	www.swimshop.co.uk	£12.99
Mesh Equipment Bag		Club Shop (link at bottom of welcome page of club website) www.swimshop.co.uk www.allensswimwear.co.uk	£1.50 - £8.00
Poolside footwear		Club Shop (link at bottom of welcome page of club website) www.swimshop.co.uk	£5 - £15
Water Bottle		Club Shop (link at bottom of welcome page of club website) www.swimshop.co.uk www.allensswimwear.co.uk	£3 - £5