



# Lincoln Vulcans

## Swimming Club

# SWIMMING CAMP

Tuesday 26<sup>th</sup> May 2015

The Priory City of Lincoln Academy  
Skellingthorpe Road, Lincoln, LN6 0EP

### Kit List

#### For the pool

- 2 x Swimming Costume
- 2 x Towel
- Swimming Hat
- Goggles (+ spare pair)
- 2 x Drinks Bottles (Large)
- Pull Buoy
- Kickboard
- Fins
- Hand or Finger Paddles
- Mesh Bag

#### For the gym

- Shorts
- Club Tops
- Tracksuit Top and Bottoms
- Trainers

### Other Info

- Please bring a packed lunch, snacks and extra drinks (meals and snacks are not available)
- Please bring a pen and paper or logbook
- Please do not bring any proprietary medicine e.g. decongestants, paracetamol etc
- If you take any medication without the knowledge of the chaperones, you do so at your own risk
- Mobile telephones, music players, electronic games etc, if brought, are entirely at your own risk