

## **Clothes**

Please provide a change set of clothing. It is important to get out of those sweaty clothes after an active sports lesson. In case you wonder what kind of clothes, we ask for – some sweater (or track suit top), comfy shirt, shorts and socks will do. For matters of safety, please no skirts or dresses.

## **Shoes**

Since we will do Sports inside as well as outside, a pair of sneakers is the most important item to bring.

## Please Note:

If your child has no proper clothes, it may not participate in our sport lesson.