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Dear parents,

We are looking forward to welcoming your child with us this week at Crossfit Shropshire.

Please find details below of what the they need to wear and bring with them for the day:

* Please can they wear comfortable clothes and trainers that they can exercise in and possibly get muddy if we are outside (Please can they not wear their best casual clothes and trainers as we do outside activites as well as creative work using paint and clay).
* They will need a coat for outside activities and they are welcome to bring a change of shoes for this also.
* They will need a pack lunch and water bottle please.
* Phones are to stay in their bag for the day and they will have a place to keep all their things safely in the gym.

Feedback is sent to school and home every week so please look out for an email from us with a little video highlight of the day.

Any questions, please don’t hesitate to get in touch via email.

Kind regards,

Kate Thomas

*Education Lead & DSL*