

Gymnastic Accessories



Design: 4211



Size Large 20cm
Price £13

Design: 4212



Size Medium 18cm
Price £13

Design: 4206



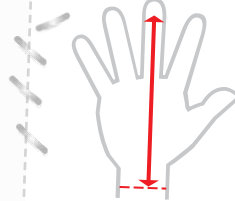
Size Large 20cm
Price £13

Design: 4208



Size Medium 18cm
Price £13

The top row of handguards have a rolled leather dowel and Velcro fastening



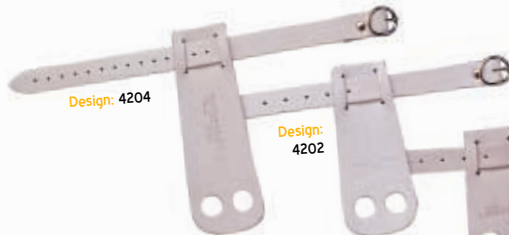
To measure all handguards take measurement from middle top knuckle to wrist.



Wide Wristbands to protect wrists from handguards

Design 3806
Colour White
Price £4

Design: 4204



Size Medium 15cm
Price £8

Design: 4202



Size Small 13cm
Price £8

Design: 4203



Size Extra Small 11cm
Price £8



Plain Velvet Scrunchies

Design 6424
Colours All plain velvet colours
Price £5

Available from stock

Glitz & Printed Pattern Scrunchies

Design 6425
Colours All glitz & printed patterns
Price £5

To Special Order only

Grippy Pure Gym Chalk
8 x 2oz blocks per box. Demanded by gymnasts and athletes worldwide whenever a secure grip is essential to performance.

Design 136
Price £14



POSTAGE INFO	
Chalk	
Qty.	Cost
1 item	£2.50
2 items	£3.50
3-5 items	£6.00
6-9 items	£9.00
10+ items	FREE



R.G. Hoops & Pom Poms



Hoop Carrier
For all your R.G. equipment. Internal pockets for clubs, ribbons and shoes. Fits 4 senior size hoops plus ribbons etc.

Design 2504

Colours Dark Fuchsia

Price £21



Junior Tubular Hoop
Rigid high-density polythene hoop.

Design 63

Colours As illustrated

Size 80cm diameter

300g weight

Price £15

Senior Tubular Hoop
Rigid high-density polythene hoop.

Design 65

Colours As illustrated

Size 87cm diameter

370g weight

Price £15.50

Mini Tubular Hoop
Rigid high-density polythene hoop.

Design 67

Colours As illustrated

Size 70cm diameter

260g weight

Price £15



Pom Poms
Shake while you shape! Sold individually.

Design 1026

Colours White, Jade, Yellow, Red, Blue, Black, Orange, Purple

Price £7 each

Metallic Pom Poms
Shake while you shape! Sold individually.

Design 4110

Colours Shiny Red, Shiny Blue, Silver, Gold

Price £8 each

ORDER HOTLINE

01270 627722

Monday - Friday 9am - 4.30pm



Balls... Balls... Balls...

Patterned R.G. Balls

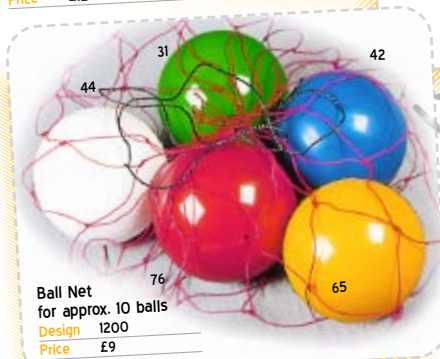
Design 4098
 Colours As illustrated →
 Weight 410 gms
 Size Diameter 20cm
 Circumference 60cm
 Price £18

- 1 Fuchsia/Purple
- 2 White/Black
- 3 Purple/White
- 4 Orange/Purple
- 6 Red/Black
- 7 Jade/Black
- 8 Dark Blue/White
- 9 Fuchsia/White
- 10 Light Blue/White
- 11 Lilac/Black
- 12 Black/Purple
- 13 Aqua/White



Plastic Medau Balls

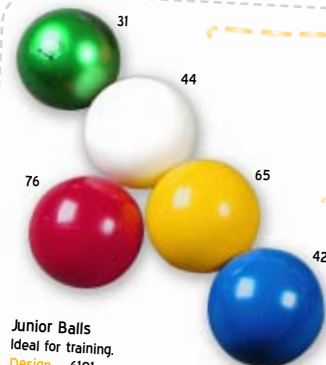
Design 8000
 Colours Green, White, Red, Blue, Yellow
 Weight 450 gms
 Size Diameter 20cm
 Circumference 60cm
 Price £12



Ball Net
 for approx. 10 balls
 Design 1200
 Price £9



Ball Pump
 25cm long nipple
 type pump for use with
 all Carita House balls.
 Design 6103
 Price £9



Junior Balls
 Ideal for training.
 Design 6101
 Colours Green, White, Red,
 Yellow, Royal Blue
 Weight 310 gms
 Size Diameter 17cm
 Circumference 51cm
 Price £11



Plastic R.G. Balls

Design 4097
 Colours Red, Bright Green, Raspberry, Black, Navy, Jade, Mid Blue,
 Peach, Baby Pink, Fuchsia, Yellow, White, Silver
 Weight 400-410 gms
 Size Diameter 19cm
 Circumference 59cm
 Price £16

Care of Carita House Gym Balls

1. Ensure your ball is at room temperature before inflating.
2. Use only nipple type pumps to inflate.
3. Store all balls in temperate to cool conditions - the best temperature is between 18 - 22 degrees centigrade.
4. Do not store balls near a direct heat source or leave in a hot place or direct sunlight. Failure to adhere to the above will tend to distort the balls on the one side that is nearest to the heat source.
5. Do not over inflate the balls more than the maximum (D) diameter and (C) circumference as stated and which correspond to FIG specifications.
6. Do not use strong detergents on your balls.

Carita House cannot be held responsible for any distortions that may occur if the above instructions are not strictly adhered to.

ORDER HOTLINE
01270 627722
 Monday - Friday 9am - 4.30pm

R.G. Ropes, Clubs & Ribbons



Plaited Perlon R.G. Ropes 3 Metre

Design	133
Colours	White, Yellow, Lilac, Pale Pink, Dark Pink, Red, Light Green, Jade Green, Purple, Royal Blue, Black
Price	£11



Satin 6 metre ribbon & konic fibreglass wand
 Design 2500
 Price £14

Satin 5 metre ribbon & konic fibreglass wand
 Design 2501
 Price £13.50

6 metre ribbon only
 Design 2600
 Price £9

5 metre ribbon only
 Design 2601
 Price £8

Colours Dark Yellow, White, Dark Blue, Dark Lilac, Yellow, Green, Orange, Pale Blue, Fuchsia, Black, Baby Pink, Red

Fibreglass Wand - 56cm long
 Design 2602
 Price £7

Wand Carrier - Black
 Design 2603
 Price £3

POSTAGE INFO

Qty.	Cost
1 item	£2.50
2 items	£3.50
3-5 items	£6.00
6-9 items	£9.00
10+ items	FREE

Moulded Plastic Spieth Clubs
 FIG Approved.
 Design 216
 Colours White, Royal Blue, Green, Pink, Yellow, Lilac, Red, Black
 Length 45cm
 Weight 150g
 Price £8 each



Midi Clubs.
 FIG Approved for competition up to 14 years
 Design 215
 Colours White or Pink
 Length 37.5cm
 Weight 120g
 Price £7 each

Patterned R.G. 6 Metre Ribbon & Wand

Design	4103
Colours	As illustrated below
Price	£15



Green, White, Purple
 Red, White, Blue
 Rainbow



Ribbon Roller for 1 ribbon only
 Design 2604
 Price £6.50

Welcome to our new Yoga Range!
We have selected a range of Yoga Props for safe Yoga. They will assist you with correct practice and help improve alignment whilst avoiding strain. Our gratitude to Yogacharya B.K.S. Iyengar, the world's leading yoga master, for inventing many of the original props that have inspired this collection.



Deluxe Yoga Belt
Helps attain correct postures without strain. Strong with easy adjust ABS nylon D rings which ensure the belt does not slip. 100% cotton.

Design	YBELT
Colour	Natural
Size	2.5m x 38mm
Price	£9



Fitness/Yoga Mat
The most popular mat around. Comfortable slip-resistant surface. Excellent grip and durability - independently tested against Harmful Substances for Skin Contact (OEKO Tex 100 - Certificate 40 353) making them safer for you and the environment! Washable!

Design	YMAT
Colour	Blue or Purple
Size	4.5mm thick, 183cm (6') long, 60cm wide
Price	£21



* POSTAGE INFO *	
Mats & Balls	
Qty	Cost
1 Item	£2.50
2 Items	£3.50
3-5 Items	£6.00
6-9 Items	£9.00
10+ Items	FREE



Fitness/Yoga Ball
High Quality Fitness/Yoga ball for extra support in backbends and other Yoga postures. Burst proof to 250kg maximum load and comes boxed with a hi-pressure 6" pump. Washable!

Design	YGYM
Colour	Purple
Size	65cm (for height 156-175cm / 5'1" - 5'9")
Price	£27



Yoga Brick (sold individually)
The dense foam is firm enough to use upright and its square corners enhance stability. Non toxic, wipe clean, safe and portable.

Design	YBRICK
Colour	Purple
Size	220 x 110 x 70mm
Price	£6.50 each



Yoga Block (sold individually)
For use as cushioning in inversions, to support the head in forward bends and for lift in seated twists. Non toxic, wipe clean.

Design	YBLOCK
Colour	Blue
Size	305 x 205 x 50mm
Price	£6.50 each

ORDER HOTLINE
01270 627722
Monday - Friday 9am - 4.30pm



Neoprene Dumbbells
Neoprene coated Dumbbells for aerobic and fitness training. Flat bottoms prevent weights from rolling away. Boxed in pairs.

Design	DBEL		
Weight	1kg	2kg	3kg
Price	£10	£15	£20

Medicine Ball (sold individually)
The Medicine Ball is an excellent tool for a complete body workout, especially when combined with a Swiss Ball. Use it to strengthen shoulders, back, arms and legs, and to create rock hard abs. Unlike weight machines that are bolted to the floor and give a limited unnatural movement, the medicine ball provides weight-resistance through a full range of motion. Ideal for athletes, boxers, golfers, tennis players and fitness enthusiasts. Made from rubber, they bounce, are waterproof and easy to grip.

Design	FMED		
Weight	1kg	2kg	3kg
Price	£16	£20.50	£26.50

POSTAGE INFO
Bells & Balls
Prices include
First Class
post



Stability Cushion (sold individually)

An ideal tool for improving balance and posture. You can kneel or stand on the cushion whilst exercising to improve core strength or you can sit on it to tone abdominal muscles whilst sitting at your desk! Can be inflated or deflated to increase or decrease the level of stability.

Design	FSTAB
Price	£17



Speed Rope

A durable, smooth turning rope with free-spinning handles to ensure a perfect skipping arc. Suitable for all general skipping routines. Length 9ft for height 5' 3" - 5' 10", 8ft and 10ft ropes are available to special order.

Design	FSKIP
Price	£6



Resistance Band Kit

The complete resistance solution that is small enough to fit into your pocket - a truly portable gym!

Design	FKIT
Price	£15



Fitness Accessories



Mixed Belts - Pack of 10

Design 82
Colour Colourful Lucky Dip Mix
Size 1" wide / one size fits all
Price Only £1.00 !!



Knee Support
 Length 70cm approx

Design 1507
Size One-size
Price £6.50 each

Wrist Support
 Length 21.5cm approx

Design 1508
Size One-size
Price £5.50 each

Tennis Elbow Support
 (Not Illustrated)

Design 1509
Size 1 - Small, 2 - Medium
Price £15.50 each

Crossover Ankle Support
 Length 51cm approx

Design 1503
Size One-size
Price £5.50 each



Anklewarmers.
 Shirelastic reinforced to keep their shape

Design 3900
Colour As shown right →
Size One-size fits all
Price £6 per pair



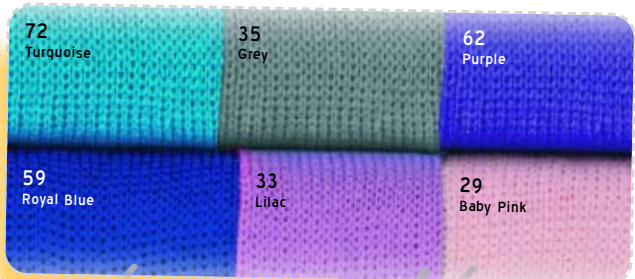
Light Lycra Body Stocking.
 Ideal under pale coloured leotards.

Design 120
Colour 32
Size XXS, XS, S M, L, XL
Price £17 £20



Fittmitts
 Soft leather fitness gloves.
 Ideal for weights or cycling.

Design 4217
Colour Blue (58) or Diamond (65)
Size S or M
Price £9 per pair



72
Turquoise

35
Grey

62
Purple

59
Royal Blue

33
Lilac

29
Baby Pink

ORDER HOTLINE

01270 627722

Monday - Friday 9am - 4.30pm



Leather Gymnastic Shoes
Soft leather, suede sole with rubber insets and elastic gusset

Design	7000
Colour	Cream
UK Size	Child 6 - Adult 6 Adult 7 - 13
Price	£10 £11.50



Doeskin Gymnastic Shoes
Soft doeskin, suede sole with rubber insets and elastic gusset

Design	8200
Colour	Cream
UK Size	Child 8 - Adult 6 Adult 7 - 13
Price	£11 £13



Specialist Microfibre BEAM Shoes
Superb quality, supple, hardwearing & washable

Design	2144
Colour	Cream
UK Size	(Half sizes not available) Child 11 - Adult 6 Adult 7 - 13
Price	£13 £15



Olympic Doeskin Gymnastic Shoes
Top quality and hardwearing. Approved and worn by Britain's top sports acrobats

Design	2030
Colour	Cream
UK Size	Child 10 - Adult 6 Adult 7 - 13
Price	£19 £22



Canvas Gymnastic Slippers
Canvas upper, elastic gusset, non-slip sole

Design	3000
Colour	White
UK Size	Child 6 - Adult 6 Adult 7 - 12
Price	£7.50 £8.50



Original Plastsok
Extremely hard wearing, soft, washable plastic footed cotton sock. Suitable for swimming, gymnastics and indoor activities - a medically approved preventative against foot infections. **Limited sizes available - please enquire!**

Design	0000
Colour	White
UK Size	Child 7 - Adult 6 Adult 7 - 13
Price	£6 £7

Gymnastic Footwear



Half-Toe Doeskin R.G. Shoes

Design	9001	
Colour	Black	
UK Size	Child 8 - Adult 6	Adult 7 - 9
Price	£8.50	£9.50



Half-Toe Doeskin R.G. Shoes

Design	9001	
Colour	Cream	
UK Size	Child 8 - Adult 6	Adult 7 - 9
Price	£8.50	£9.50

Please state individual shoe sizes when ordering. If you are in doubt about your shoe size draw an outline of your foot on a piece of paper and post with your order. We cannot accept foot outlines via fax!



Carite® Balance/Trampoline Shoes
Poly Uppers with non-slip rubber soles

Design	1000	
Colour	White or Black	
UK Size	Child 8 - Adult 6	Adult 7 - 11
Price	£8.50	£9.50



Carite® Balance/Trampoline Shoes
Poly Uppers with non-slip rubber soles.

Design	1000	
Colour	Pink or Fuchsia	
UK Size	Child 8 - Adult 6	Adult 7 - 11
Price	£8.50	£9.50



BTF Approved Trampling Shoes
Poly uppers with non-slip rubber soles.

Design	6000	
Colour	Black or White	
UK Size	Child 7 - Adult 6	Adult 7 - 14
Price	£8.50	£9.50



Specialist Italian Microfibre Gym Shoes
 Superb quality, supple, hardwearing,
 washable with heel support.

Design 2052
Colour Black/Red
UK Size (Half sizes not available)
 Child 11 - Adult 6 Adult 7 - 13
Price £26 £31



Specialist Italian Microfibre Gym Shoes
 Superb quality, supple, hardwearing,
 washable with heel support.

Design 2052
Colour Cream/Blue
UK Size (Half sizes not available)
 Child 11 - Adult 6 Adult 7 - 13
Price £26 £31



Specialist Italian Leather Gym Shoes
 Superb quality, supple, hardwearing,
 washable with heel support.

Design 2073
Colour White/Blue
UK Size (Half sizes not available)
 Child 11 - Adult 6 Adult 7 - 13
Price £29 £34



IWA Leather Gymnastic Shoes
 Superb quality, supple and hardwearing.

Design 7501
Colour White
UK Size Child 11 - Adult 6 Adult 7 - 13
Price £31 £34



IWA Velour Gymnastic Shoes
 Superb quality, supple and hardwearing.

Design 7502
Colour Cream
UK Size Child 11 - Adult 6 Adult 7 - 13
Price £30 £33

ORDER HOTLINE
01270 627722
 Monday - Friday 9am - 4.30pm

Please state individual shoe sizes when ordering. If you are in doubt about your shoe size draw an outline of your foot on a piece of paper and post with your order. We cannot accept foot outlines via fax!



Leather Jazz Shoes
Non-slip rubber sole.

Design	7300
Colour	White
UK Size	Child 12 - Adult 6 Adult 7 - 12
Price	£18 £20



Leather Jazz Shoes
Non-slip rubber sole.

Design	7300
Colour	Black
UK Size	Child 12 - Adult 6 Adult 7 - 12
Price	£18 £20



Split Sole Jazz Shoes
Suede stitched sole.

Design	2099
Colour	Black
UK Size	Adult 1 - 6 Adult 7 - 10
Price	£25 £27



Keep Fit Shoes
PVC upper, non-slip rubber sole.

Design	4000
Colour	Black
UK Size	Child 12 - Adult 6 Adult 7 - 13
Price	£7.50 £8.50



Soft Leather Slippers
Suede sole, ideal for keep fit, dance and yoga.

Design	2000
Colour	Black
UK Size	Child 7 - Adult 6 Adult 7 - 10
Price	£11.50 £13.50

ORDER HOTLINE
01270 627722
Monday - Friday 9am - 4.30pm



Leather Sports Sneakers
Cool leather sneakers with rubber sole and micro wedge 10mm heel.

Design	2403
Colour	Black with White Trim
UK Size	(Half sizes not available) Adult 1 - 6 Adult 7 - 10
Price	£31 £36



Leather Sports Sneakers
Cool leather sneakers with rubber sole and micro wedge 10mm heel.

Design	2403
Colour	White with Black Trim
UK Size	(Half sizes not available) Adult 1 - 6 Adult 7 - 10
Price	£31 £36

POSTAGE INFO
ALL TRAINERS

Pairs	Cost
1 pair	£2.50
2 pairs	£3.50
3-5 pairs	£6.00
6-9 pairs	£9.00
10+ pairs	FREE



Leather Funk Boots
with split soles.

Design	8505
Colour	Black
UK Size	Adult 3, 4, 5, 5½, 6, 6½ Adult 7½, 8
Price	£49 £54



Funky Low Jazz Boots
Leather jazz boots with split sole.

Design	2165
Colour	Black
UK Size	(Half sizes not available) Adult 1 - 6 Adult 7 - 10
Price	£41 £46

ORDER HOTLINE
01270 627722
Monday - Friday 9am - 4.30pm