How To Book

Please read terms and conditions and then complete the application form below and return it to Reception along with payment for the lesson/s.

Childs Name 1:....

D.O.B:
Childs Name 2:
D.O.B:
Childs Name 3:
D.O.B:
5.0.5
Tick if details not changed, then no need to complete this section. Address:

Medical	Conditions
iviedicai	Conditions

Yes No

f yes, please provide details or any other relevant	
information the swimming teacher may require:	

Emergency Contact No:.....

I would like to book a space into:

Time:....

Child 2 Level :..... Week:..... Week:....

Time:.....

Child 3 Level: Week:..... Week:....

Time:....

I have read and agree to abide by the Terms and Conditions. Signature.....

Terms and Conditions

- All swimming lessons are available to members and non members.
- Lessons must be paid in advance and are not refundable unless accompanied by a doctors certificate or letter; refunds will be given in the form of a credit against future courses. Requests for refunds must be put in writing and for the attention of the Operations Manager.
- Pro rata discount may be arranged on agreement with Operations Manager.
- Any medical conditions are to be disclosed at the time of booking under conditions of usage at the Sports Centre.
- Pupils must be able to perform the basic requirements for the level.
 If unable to meet these requirements the instructor is obliged to change the level which may result in an alteration in start time and the class availability
- Pupils under the age of eight years old must be accompanied by an adult, who must use the changing rooms appropriate to their biological sex.
- Under no circumstances are parents or spectators allowed to stay in the swimming pool area may only escort their child and collect them after their lesson.
- Priority on future courses will be assigned to existing swimming lesson students.
- A polite reminder that all valuables / possessions MUST be secured in lockers where available and NOT left hanging in the changing rooms as these will need to be taken by the adult.
- Food and drink purchased on the site must be consumed in the designated areas.
- Brentwood School Sports Centre rules must be adhered to at all times
- Swimming lesson members are <u>not</u> entitled to use the pool outside of their lesson time. Only Current paying Gold or Pool side members can use the facilities.
- If a child has had diarrhoea within 48hours it is advised to refrain from swimming.
- It may be necessary on occasion to change the day / time of lessons.
- Children should arrive swim ready where possible.

For their own safety pupils MUST wait by poolside at the designated area and number and not enter the pool until they are instructed to do so by their teacher.

Should your child require the toilet and the Swimming
Teacher is unable to get your attention they will be sent
unaccompanied to use the toilet

Summer Holidays Crash Course Swimming Lessons

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
	Monday 22nd July	Monday 29th July	Monday 5th August	Monday 12th August	Monday 19th August	Tuesday 27th August
	- Friday 26th July	- Friday 2nd August	Friday 9th August	Friday 16th August	Friday 23rd August	Friday 30th August
Beg 1	3.40 - 4.10pm	3.35 - 4.05pm	3.35 - 4.05pm	3.35 - 4.05pm	3.35 - 4.05pm	3.35 - 4.05pm
Beg 2	4.15 - 4.45pm	4.10 - 4.40pm	4.10 - 4.40pm	4.10 - 4.40pm	4.10 - 4.40pm	4.10 - 4.40pm
Level 3	4.50 - 5.20pm	3.00 - 3.30pm	3.00 - 3.30pm	3.00 - 3.30pm	3.00 - 3.30pm	3.00 - 3.30pm
Level 4	5.25 - 5.55pm	3.35 - 4.05pm	3.35 - 4.05pm	3.35 - 4.05pm	3.35 - 4.05pm	3.35 - 4.05pm
Level 5		3.00 - 3.30pm	3.00 - 3.30pm	3.00 - 3.30pm	3.00 - 3.30pm	3.00 - 3.30pm
Fitness Swim (Level 6 and Above)				4.10 - 4.40pm		
Rookie Or Learn To Dive		Rookie Bronze 4.10 - 4.45pm	Learn to Dive, Use Flippers 4.10 - 4.40pm		Learn to Dive, Use Flippers 4.10 - 4.40pm	Rookie Silver 4.10 - 4.55pm

Lesson Criteria - This is a guideline of the standard required to enter each swimming level

Beginner 1 (A.S.A. Award Level 1)

- Must be a minimum of 4 years old.
- Can only swim with armbands
- If child is unable to swim with a float (not arm bands) on front and back for 5 metres they must start in this level

Beginner 2 (A.S.A. Award Level 2)

- Swim with a float for 5 metres on front and back
- Use of arm bands are not allowed in this level
- Get face wet and blow bubbles
- Confidently enter the pool
- Identify objects on the pool floor and retrieve it by hand

If child cannot do all the above they must start in Beginner 1

Level 3 (A.S.A. Award Level 3)

Must be able to: Swim in water 1 metre deep.

- Swim in water 1 metre deep
- Swim without aids
- Swim 10 metres with basic knowledge of swimming on front and back unaided
- Must be able to swim with extended arms and be able to swim with face in the water
- Have feet turned out for Breaststroke only

Level 3 classes held in main pool to help with the transition from small pool to big pool and pupils who would benefit from deeper water

Level 4 (A.S.A. Award Level 4)

Must be able to: Swim in water depth 1.5 metres to 2 metres

- Float on back and front unaided
- Swim 15 metres in a recognised stroke on front and back
- Confidently jump into water 2 metres deep
- Can roll from back floating to front and swim 10 metres

How To Book

Fill out the reply slip on the leaflet, including the level, week and time of the lesson which you wish to book and return it to reception with payment. Bookings will only be accepted with a completed booking form and full payment for the course.

Level 5 (A.S.A. Award Level 5)

Must be able to:

- Push and glide on front and back for 5 metres
- Swim 25 metres in recognised stroke on both front and back
- Swim 15 metres with basic leg action for Breaststroke
- Tread water for 45 seconds
- Submerge under water for 5 seconds

Fitness Swim (Level 6, Intermediate, Advanced and Swim Fit) Must be able to:

- Swim 25 metres Breaststroke with correct timing of arms and legs
- Swim 50 metres Backstroke and Front Crawl
- Swim 10 metres Front Crawl transfer to Backstroke with smooth transition and complete a total 25 metres
- Sessions aimed at maintaining and improving fitness levels

Learn To Dive and use Flippers

A great way for children to improve or simply learn how to dive. Learn to Dive will include racing dives for all 4 strokes where possible (dependant on child's ability). Learn how to use flippers to help strengthen legs. Must be able to:

- Swim in water 2 metres deep.
- Swim a minimum of 50 metres

Rookie Lifeguard Bronze (35minute lesson)

Must be able to:

- Swim at least 25 metres and be confident in deep water
- Minimum age 8 years

Rookie Lifeguard Silver (45minute lesson)

- Swim at least 25 metres and be confident in deep water
- Minimum age 8 years
- Can still attend even if your child hasn't passed the Bronze Award but will only gain the Silver award

The Rookie Lifeguard programme is the junior award scheme of the RLSS UK. Rookie Lifeguard teaches children how to stay safe around water and what to do in an emergency in a fun and engaging way. The course contains survival, rescue and sports skills as well as life support and water safety elements as well as learning to swim in full clothes. Water Smart, Water Safe Magazine included, to enjoy reading during the course. Along with 1 out of the 3 awards.

Children's Summer Holiday Crash Course Swimming Lessons

Prices for 5 day Intensive Course

Week 1 Monday 22nd July - Friday 26th July

Week 2 Monday 29th July - Friday 2nd August

Week 3 Monday 5th August - Friday 9th August

Week 4 Monday 12th August - Friday 16th August

Week 5 Monday 19th August - Friday 23rd August

Pool and Gold Members £45.00

Non Members and Dry-side members £50.00

Prices for 4 day Intensive Course

Week 6 Tuesday 27th August - Friday 30th August

Pool and Gold Members £36.00

Non Members and Dry-side members £40.00

Rookie Lifeguard Course (Bronze 35min & Silver 45min lessons)

Pool and Gold Members £51.40

Non Members and Dry-side £57.50