

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:.....

Tick if details not changed, then no need to complete this section.

Address:.....

Postcode:.....

Contact Tel No:

Email.....

Emergency Contact No:.....

Medical Conditions Yes No

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

.....

.....

I would like to book a space into:

Child 1 Level:..... Week:.....

Time:.....

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

Time:.....

Child 3 Level: 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.
- In order to receive a discounted rate on swimming lessons the Child must be part of and have an active current Family Gold or Poolside membership.
- Non member, Dryside members and Adult only memberships do not receive a reduced rate for children's swimming lessons.
- 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.
- 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 not entitled to use the pool outside of their lesson time. Only Current paying Gold or Pool side Family 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

Easter Holidays Crash Course

	Week 1 <i>Monday 7th - Friday 11th April</i>	Week 2 <i>Monday 14h April - Thursday 17th April</i>
Beg 1	3.35pm - 4.05pm	3.35pm - 4.05pm
Beg 2	4.10pm - 4.40pm 4.40pm - 5.10pm	4.10pm - 4.40pm
Level 3	3.35pm - 4.05pm	3.00pm - 3.30pm
Level 4	4.05pm - 4.35pm	4.10pm - 4.40pm
Level 5	3.00pm - 3.30pm	3.00pm - 3.30pm
Fitness Swim (Level 6 and Above)		3.35pm - 4.05pm
Learn To Dive and Flippers	4.45pm - 5.15pm	

Lesson Criteria

This is a guideline of the standard required to enter each swimming class

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)

Must be able to:

- 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 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 Levels 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

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 breathing
- Swim 50 metres Backstroke and Front Crawl
- 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

How To Book

Fill out the reply slip on the leaflet, including the level 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.

Easter Holidays Crash Course Swimming Lessons

Monday 7th - Friday 11th April 2025

5 day Intensive Course

Pool and Gold Members £49.50 inc. VAT

Non Members and Dry-side members £55.00 inc. VAT

Monday 14th - Thursday 17th April 2025

4 day Intensive Course

Pool and Gold Members £39.60 inc. VAT

Non Members and Dry-side members £44.00 inc. VAT