



Please use one form per child and tick preferred lesson. You may wish to select classes in order of preference.

<u>Day</u>	<u>Time</u>	<u>Course</u>	<u>Select</u>	<u>Course</u>	<u>Select</u>	<u>Course</u>	<u>Select</u>	
Saturday	08.30-09.00	Beginners		Early Intermediate		Intermediate		
	09.00-09.30	Beginners		Early Intermediate		Intermediate		
	09.30-10.00	Beginners		Early Intermediate		Intermediate		
	10.00-10.30	Beginners		Early Intermediate		Intermediate		
	10.35-11.15	Advanced Children's Lengths						
Tuesday	11.15-11.45	Early Children's Lengths						
	11.45-12.15	Beginners		Early Intermediate		Intermediate		
	16.00-16.30	Beginners		Early Intermediate		Intermediate		
	16.30-17.00	Mixed Children's lengths						
	17.00-17.30	Beginners		Early Intermediate		Intermediate		
Wednesday	16.00 - 16.30	Beginners		Early Intermediate		Intermediate		
	16.30 - 17.00	Beginners		Early Intermediate		Intermediate		
	17.00 - 17.30	Mixed Children's lengths						
Thursday	15.30-16.00	Beginners		Early Intermediate		Intermediate		
	16.00-16.30	Beginners		Early Intermediate		Intermediate		
	16.30-17.00	Mixed Children's Lengths						
	17.00-17.30	Beginners		Early Intermediate		Intermediate		

Personal details

Child's First Name: _____ Surname: _____

Date of Birth: _____

Parent/Guardian Contact

Name: _____ Title: _____

Address: _____

Post Code: _____

Telephone Number: _____ Mobile: _____

Ability (Latest Badges/previous class) _____

Medical problems (e.g. Asthma, diabetes) _____

Where did you hear about this course?

Signed: _____ Date: _____

The Staff: Experienced, qualified and professional staff teach to a high standard at the Swim School and all our staff are Amateur Swimming Association qualified.

The Scheme of lessons: The scheme ensures progression from beginners through to advanced techniques for both adults and children.

Beginners: A course of instruction for the non-swimmer. The objectives being water confidence and an introduction to basic strokes.

Early Intermediates: Development of strokes and confidence in deeper water.

Intermediates: Further development of all four strokes in deep water and basic water skills leading on to the Early Lengths group

Early lengths: Development of style, stamina and deep-water confidence

Advanced lengths: Development of technique and stamina to a high level. We will run lanes in this group for swimming club level if there is a demand.

Adults: For all abilities: tailored to your personal needs. Small groups.

We will do everything to accommodate people at the time requested and try to offer an alternative time if class size necessitates this. Lessons will be filled on a first come first served basis. You will be contacted as soon as you have been allocated a place. If you have any further queries, please contact:

Claire Bryant
Pool Manager
Moira House Girls School
Upper Carlisle Road
Eastbourne
East Sussex
BN20 7TE

01323 636806 (cbryant@moirahouse.co.uk)

REMINDER

Please make sure everyone removes their outer shoes before going into the changing rooms.

REMINDER

No photos allowed while lessons are taking place