



Monday 13<sup>th</sup> - Friday 17<sup>th</sup> August 2012 inclusive  
Monday 20<sup>th</sup> - Friday 24<sup>th</sup> August 2012 inclusive  
£25 per child per 5 day course  
 (please indicate which week you require)  
(£35 for lengths class)

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

<u>Time</u>	<u>Course</u>	<u>Select</u>	<u>Course</u>	<u>Select</u>	<u>Course</u>	<u>Select</u>
09.00-09.30	Beginners		Early Intermediate		Intermediate	
09.35-10.05	Beginners		Early Intermediate		Intermediate	
10.10-10.40	Beginners		Early Intermediate		Intermediate	
10.45-11.30	Lengths					

**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.

Lessons will be filled on a **first come first served basis**.

Please complete the form overleaf and return it to the address shown below, together with your cheque made payable to 'Moira House Girls School'. 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  
BN20 7TE  
01323 636806

**REMINDER**

Please make sure everyone removes their outer shoes before going into the shower areas.

**REMINDER**

No photos allowed while lessons are taking place