Autumn Term 2014

Adult lessons

Monday 8th September – Thursday 18th December

(Half Term 27th – 31st October)

**Make sure** that you boost your confidence in the water and learn a life skill. Swimming is a great form of exercise and is less weight on the body and joints. So make sure you learn the fundamentals of swimming and get yourself more confident in water.

**Our vision** is to deliver high quality lessons in small classes.

We continue to attend training and keep up to date with current teaching practices and skills and follow the ASA teaching scheme to deliver the best possible lesson.

We provide an assistant with all adult swimming lessons.

**Who these lessons are for:** Anyone aged 18years+ who have never swam before or who would be a beginner and is unable to swim front crawl, back stroke and breaststroke for at least 20metres

**Class Times:** Our classes run at Horsell Junior C of E on a Thursdays and Fridays between 7pm – 8pm.

Spaces will be given on a first come first served basis. Classes are limited to a maximum of 8 per class and an assistant is provided for these classes, lessons last 30 min with 1 sessions a week.

**Cost:** £88.20 for 14 weeks commencing Monday 8th September and ending Thursday 18th December. There will be no swimming during Half Term of the 27th – 31st October.

To secure your place full payment must be made 2 weeks before the start of term (Monday 18th August).

**Please fill out the attached medical form**. This needs to be returned to Paul Hickmott before the start of term.

**Cancellation Policy:**

Aqua Splash reserves the right to cancel sessions. In this event you may be entitled to a refund.

For cancellations received 10 days before the course date you will receive a refund of £83.20 (minus £5 administration fee).

For cancellations received after the 10 day deadline the amount refunded will depend on our ability to fill the slot from our waiting list.

(In the event of a session being cancelled an email/ text will be sent to notify you)

**Rules and general information**

**Help us keep the pool clean by following these rules:**

* Ensure all Swimmers wash before the lesson
* Make sure they use the toilet (this may stop them getting out half way through the lesson)
* Swimming hats must be worn (this reduces the amount of hair that blocks the drains and keeps their eyes clear)
* No outdoor shoes are to be worn inside the pool enclosure unless the blue overall shoes are worn (this is to reduce the amount of mud and dirt brought in)
* No Eating within the enclosure

**Information about the lessons:**

* The lessons are 30 minutes long
* All you will need are you swimming customs and googles if desired
* Movement can happen at any time during the term, we do not limit our teachers to 1 movement per term
* There is no parking on the school grounds; however there are no parking restrictions on the road. Come through the main gate and follow the signs for swimming pool
* Maximum of 8 per class
* One session a week

**Health and Safety at the pool:**

* No running within the pool enclosure
* The Windows must remain shut unless opened by a teacher. The air temperature is maintained to suit the swimmers not the spectators (due to the children being wet if there is a breeze they will feel cold, even if it’s warm outside)

**Would you like a 1 – 1 swimming lesson?**

* On Thursdays at 6.30pm or Fridays between 6-7pm we offer 1-1 swimming lessons for more detail please visit our website or give us a call

Many Thanks

Paul Hickmott

Aqua Splash

Info@AquaSplashWoking.co.uk

07549 726353

Registration form

|  |  |  |  |
| --- | --- | --- | --- |
| First name |  | Date of Birth |  |
| Surname |  | Current swimming level (if known) |  |

Preferred day: (please circle) Thursday or Friday

Preferred time: 7pm or 7.30pm

|  |
| --- |
| Address: |
|  |
| Postcode: |
|  |
| Contact number: |
|  |
| Email: |
|  |

**Please complete and return** with your full payment by Monday 18th August. Pay details below.

Aqua Splash, 179A Feltham Road, Ashford, Surrey, TW 15 1BB.

Contact number: 07549 726353

Email: info@AquaSplashWoking.co.uk

Website: www.AquaSplashWoking.co.uk

Please make all Cheques payable to: Aqua Splash Limited

Bank Transfers to: Sort code: 208111

(Please put swimmers Account number: 93923584

Full name in description)

Or pay by cash

At this time we are unable to accept credit or debit cards (Please note if full payment is not made by the cut-off date that your space may be given away)

Medical Information & Waiver Form

|  |  |
| --- | --- |
| Swimmers Name | Date of Birth |
|  |  |

To be completed by members 18 years or over, or by parents/carers of swimmers under 18 years. Please delete Yes or No as appropriate and complete further details as necessary.

Once completed please return to Paul Hickmott.

|  |
| --- |
| The Disability Discrimination Act 2004 defines a disabled person as anyone with physical or mental impairment which has a substantial and long-term adverse effect on his or her ability to carry out normal day to day activities. |
| Do you consider this child to have an impairment Yes No |
| If yes, what is the nature of their disability? Visual Learning Hearing  Impairment Disability Impairment  Multiple Physical Other  Disability Disability (please specify) |
| **Medical information**  Please detail below, any important medical information that our School needs to know. Such as: Allergies, medical conditions e.g. asthma, epilepsy, orthopaedic problems, any current medication, special dietary requirements and / or any injuries. |
| Name of child’s doctor and surgery |
| Doctors telephone number |

I understand that, in compliance with the Data Protection Act 1998, all efforts will be made to ensure that this information is accurate, kept up to date and secure and that it is used only in connection with the purpose and activities of the school. Information will not be kept once a person is no longer a member of the school. The information will be disclosed only to those members of the school for whom it is appropriate and relevant officers of the Amateur Swimming Association or British Swimming.

Signed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Print Full Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Release from liability

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a doctor. I acknowledge that I am aware of all the risks inherent in Swimming and /or being on a pool deck, including permanent disability and death, and agree to assume all those risks. As a condition of my participation in Aqua Splash programme or any activities thereto, I hereby waive any and all my rights to claim for losses or damages, including all claims for loss or damages caused by the negligence, active or passive, of the following: Aqua Splash; the host facilities; or any individual participating in the programme as a coach, swimmer, volunteer or observer.