

## 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 .....Time.....

Child 2: Level .....Time .....

Child 3: Level .....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 will need to move the child to the appropriate level.
- 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.
- If a child has had diarrhoea within 48hours it is advised to refrain from swimming.

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

# May Crash Course

**Tuesday 27th -  
Friday 30th May 2025**

3.35pm - 4.05pm	Beg 1
4.10pm - 4.40pm	Beg 2
4.45pm - 5.15pm	Beg 2 Advanced
3pm - 3.30pm	Level 3
3.35pm - 4.05pm	Level 4
3pm - 3.30pm	Level 5
4.05pm - 4.55pm	Rookie Bronze

# Lesson Criteria

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

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

- Minimum of 4 years old
- Can only swim with armbands
- If child is unable to swim unaided (not arm bands) on front and back for 4 metres they must start in this level

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

Must be able to:

- Swim kicking on back for 4 metres no aids
- Swim on front using arms and kicking legs for 4 metres no aids
- Use of arm bands are not allowed in this level
- Get face wet and blow bubbles in water
- Confidently enter water
- Identify pool sinkers on pool floor and retrieve by hand

If Child cannot do all above they must start in beginner 1

## **Beginner 2 Advanced (A.S.A Award Level 2)**

Must be able to:

- All lessons will take place in main pool at the shallow end
- Designed for children who are almost ready for Level 3 but need more confidence in the main pool
- Can swim unaided on back and front for 5metres
- Helping with the transition to Level 3

## **Level 3 (A.S.A Award level 3)**

Must be able to:

- Swim in water 1 metre deep and be confident in deeper water
- Confident jumping into deeper water
- Swim without aids
- Swim 5 metres with basic kicking on front and back unaided confidently
- Must be able to swim with arms coming over and with face in water
- Turn feet out for breaststroke only

Level 3 classes are held in the main pool

## **Level 4 (A.S.A Award level 4)**

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

- Swim in water 1.5 - 2 metres deep
- Float on front and back unaided
- Swim 15 metres in a recognised stroke 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 Breaststroke
- Tread water for 45 seconds
- Submerge underwater for 5 seconds

## **Rookie Lifeguard Bronze 45 minute lesson)**

Must be able to:

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

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 and learning to swim in full clothes. Water Smart or Water Safe Magazine included, to enjoy reading during the course. Along with 1 out of the 3 awards.

## **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.

## May Half Term Crash Course Swimming Lessons

Tuesday 27th - Friday 30th May 2025

## **4 day Intensive Course**

Pool and Gold Members £39.60

Non Members and Dry-side members £44.00

## **Rookie Lifeguard Course (45minute Lesson)**

Pool and Gold Members £51.40

Non Members and Dry-side members £57.50