

## 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.

Adult 1: .....

Date Of Birth: .....

Adult 2: .....

Date Of Birth: .....

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

Address:.....

.....

Postcode:.....

Contact Tel No: .....

Email.....

Emergency Contact Name:.....

Emergency Contact No:.....

Medical Conditions      Yes      No

If yes, please provide details :

.....

.....

I would like to book a space into:

Adult 1 Level:.....Time: .....

Adult 2 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.
- In order to receive a discounted rate on swimming lessons the participant must be part of and have an active current Gold or Poolside membership.
- 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.
- Adults 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.
- 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.
- If a participants has had diarrhoea within 48hours it is advised to refrain from swimming.
- Under no circumstances are spectators allowed onto the swimming pool area.
- All valuables / possessions MUST be secured in lockers where available and NOT left hanging in the changing rooms.
- No food or drink may be consumed within the pool hall.
- Swimming lesson members are not entitled to use the pool outside of their lesson time. Only Current paying Gold or Pool side members can use the facilities.
- Brentwood School Sports Centre rules must be adhered to at all times.

## Adult Swimming Course Timetable

	Monday
Adult Beginner	6.30pm—7.00pm
Adult Improver	7.00pm—7.30pm
Adult Beginner	7.30pm—8.00pm
Adult Stroke Technique (Drop in session only)	7.00pm—7.30pm



For their own safety participants MUST wait by poolside and not enter the pool until they are instructed to do so by their teacher.

# Lesson Criteria

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

## Beginners

- Open to all ages from 16 years onwards.
- For complete non-swimmers and those who can swim a distance of no more than 3 metres.

## Improvers

- For swimmers who can achieve a distance of 10m on their front and back but with no technique.

## Stroke Technique

- For swimmers who are able to swim and require their stroke/s checked and tweaked for a better swim.
- This is run as a drop in session only.
- You will need to pay at reception then present your ticket to the instructor before your lesson commences.

## **ADULT**

### **Swimming Lessons 5 Week Swimming Course**

**Monday 16th June -  
Monday 14th July**

#### **Prices 5 week course**

Pool and Gold Members £67.20 inc VAT  
Non Members and Dry-side members £81.00 inc VAT

Drop in session Stroke Technique Only  
Pool and Gold Members £14.64 inc VAT  
Non Members and Dry-side members £17.64 inc VAT

Swimmers should arrive as close to start of lesson as possible and pool ready.

## How To Book

*Fill out the reply slip on the leaflet, including the level and time 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.*