

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:..... Week:.....

Time:.....

Child 2 Level :..... Week:.....

Time:.....

Child 3 Level: Week:.....

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 is obliged to change the level which may result in an alteration in start time and the class availability
- 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. Only Current paying Gold or Pool side members can use the facilities.
- If a child has had diarrhoea within 48hours it is advised to refrain from swimming.
- It may be necessary on occasion to change the day / time of lessons.
- Children should arrive swim ready where possible.

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

Summer Holidays Crash Course Swimming Lessons

	Week 7 4 Days Tuesday 26th Aug Friday 29th Aug	3.35 - 4.05pm	4.10 - 4.40pm	3.00 - 3.30pm	3.35 - 4.05pm	3.00 - 3.30pm	4.10—4.40pm	
	Week 6 Monday 18th Aug Friday 22nd Aug	3.35 - 4.05pm	4.10 - 4.40pm	3.00 - 3.30pm	3.35 - 4.05pm	3.00 - 3.30pm		Rookie Gold 4.10 - 4.40pm
	Week 5 Monday 11th Aug Friday 15th Aug	3.35 - 4.05pm	4.10 - 4.40pm	3.00 - 3.30pm	3.35 - 4.05pm	3.00 - 3.30pm		Learn to Dive, Use Flippers 4.10 - 4.40pm
	Week 4 Monday 4th Aug Friday 8th Aug	3.35 - 4.05pm	4.10 - 4.40pm	3.00 - 3.30pm	3.35 - 4.05pm	3.00 - 3.30pm	4.10 - 4.40pm	
	Week 3 Monday 28th July Friday 1st Aug	3.35 - 4.05pm	4.10 - 4.40pm	3.00 - 3.30pm	3.35 - 4.05pm	3.00 - 3.30pm		Learn to Dive, Use Flippers 4.10 - 4.40pm
	Week 2 Monday 21st July Friday 25th July	4pm - 4.30pm	4.40pm - 5.10pm	4.35pm - 5.05pm	5.10pm - 5.40pm	Fitness Swim (Level 5 & Above) 5.15pm - 5.45pm		Rookie Silver 4.00pm - 4.35pm
	Week 1 Monday 14th July Friday 18th July	4pm - 4.30pm	4.35pm - 5.05pm	5.10pm—5.40pm	5.45pm—6.15pm			
Beg 1								Rookie Or Learn To Dive
Beg 2								
Level 3								
Level 4								
Level 5								
Fitness Swim (Level 6 and Above)								

Lesson Criteria - This is a guideline of the standard required to enter each swimming level

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)

- 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

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

How To Book

Fill out the reply slip on the leaflet, including the level, week 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.

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

Fitness Swim (Level 6, Intermediate, Advanced and Swim Fit)

Must be able to:

- Swim 25 metres Breaststroke with correct timing of arms and legs
- Swim 50 metres Backstroke and Front Crawl
- Swim 10 metres Front Crawl transfer to Backstroke with smooth transition and complete a total 25 metres
- Sessions aimed at maintaining and improving fitness levels

Learn To Dive and use Flippers

A great way for children to improve or simply learn how to dive. Learn to Dive will include racing dives for all 4 strokes where possible (dependant on child's ability). Learn how to use flippers to help strengthen legs.

Must be able to:

- Swim in water 2 metres deep.
- Swim a minimum of 50 metres

Rookie Lifeguard Silver (35minute lesson)

Must be able to:

- Swim at least 25 metres and be confident in deep water
- Minimum age 8 years
- Can still attend even if your child hasn't passed the Bronze Award but will only gain the Silver award

Rookie Lifeguard Gold (35minute lesson)

- Must have passed the Silver Award to participate
- Swim at least 50 metres and be confident in deep water
- Minimum age 10 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 as well as learning to swim in full clothes. Water Smart, Water Safe Magazine included, to enjoy reading during the course. Along with 1 out of the 3 awards.

Children's Summer Holiday Crash Course Swimming Lessons

Prices for 5 day Intensive Course

Week 1 Monday 14th July - Friday 18th July

Week 2 Monday 21st July - Friday 25th July

Week 3 Monday 28th July - Friday 1st August

Week 4 Monday 4th August - Friday 8th August

Week 5 Monday 11th August - Friday 15th August

Week 6 Monday 18th August - Friday 22nd August

Pool and Gold Members £49.50

Non Members and Dry-side members £55.00

Prices for 4 day Intensive Course

Week 7 Tuesday 26th August - Friday 29th August

Pool and Gold Members £39.60

Non Members and Dry-side members £44.00

Rookie Lifeguard Course (35min lessons)

Pool and Gold Members £51.40

Non Members and Dry-side £57.50