

HOLBROOK SWIM

Summer 2023 Swimming Form

Monday Classes 24th April to 26th June
Wednesday Classes 26th April to 28th June

No classes at half term: 29th May to 2nd June

Please ensure your child is booked in for swimming before 27th March

Please note from Summer 2023 Mondays lessons will start on the half hour (6pm, 6.30 and 7pm)

Swimming classes

Our swimming programme is for children in full time education who are able to follow instructions in a small group, and aims to establish healthy and safe behaviour in a happy environment. Children are taught water safety, development of water confidence and swimming ability by following structured and progressive activities in all levels. Classes work with an emphasis on water skills and safety and to gain increasingly more difficulty stage awards.

Beginners For non-swimmers or those starting out. Focus is on water confidence, safety and progression out of noodles to swim 5 metres on front and back unaided.

Early Swimmers For children who can swim without aids. Introduction to the 4 strokes aiming to swim up to 25 metres unaided. Introduction of submerging and push and glides.

Improvers To help children improve strokes and to swim the 2 main strokes up to 50m unaided effectively with correct breathing techniques. Basic diving skills and water safety will be taught. Introduction to rotational skills and correct breathing techniques and personal survival introduced.

Advanced Starts, turns and finishes will be taught. Streamlining of strokes over 100m and distance swimming explored up to 400m. Diving is further enhanced and learners will work towards Personal survival skills.

Swim Fit Aimed at swimmers who have completed all of the above and would like to perform distance swimming. Diving and swimming challenges will enhance these lessons and improve on strength and stamina.

Rookie Lifeguard Course Learn survival, rescue and sports skills for older children up to 16 years. Once 16 you will have a good basic knowledge to train for a Full Lifeguard qualification. These can be booked through RLSS, or check your local pool websites.

Rules

Beginners & Early Swimmers Children need a float and a woggle of their own

Floats and woggles are available to purchase from us, please contact: admin@holbrookswim.org.uk

All participants are required to wear swimming hats and **must supply their own equipment. Float size maximum approx 23cm x 32cm please.** Instructors are only responsible for children during their class. Please do not leave children alone in the changing rooms and ONLY let them enter the pool side when the whistle blows signifying the end of the previous session.

Session Details (All classes are 30minutes in length)

Mondays Sessions	9 Weeks £76.5	Wednesday Sessions	9 Weeks £76.5
Beginners MB1	6.00 Zara Graham	Beginners WB1	6.00 Zara Graham
Beginners MB3	6.00 Dan Harris	Beginners WB2	6.00 Gemma Hamilton
Early Swim ME1	6.00 Pam Tunbridge	Early Swim WE1	6.00 Dan Harris
Beginners MB2	6.30 Zara Graham	Early Swim WE2	6.30 Gemma Hamilton
Improvers MI1	6.30 Dan Harris	Beginners WB3	6.30 Zara Graham
Early Swim ME3	6.30 Pam Tunbridge	Beginners WB4	6.30 Dan Harris
Advanced MA1	7.00 Dan Harris	Improvers WI1	7.00 Zara Graham
Improvers MI2	7.00 Zara Graham	Advanced WA1	7.00 Dan Harris
Rookie Lifeguard	7.00 Pam Tunbridge	Swim Fit WS1	7.00 Gemma Hamilton

Please note that a child may move class at the discretion of the instructor according to ability and we will occasionally rearrange classes to suit the range of abilities at the time.

(discount for siblings - £5 second child, £10 third)

Places are allocated on a first come, first served basis and a place on the previous term's sessions will not guarantee one this term.

All instructors are qualified, DBS checked and experienced at working with children. There is a qualified First Aider at each session.

Complete the booking form below pay by BACS transfer to: Sort Code: 30-94-55 – A/c No: 89055568 - Holbrook Swim, giving your child's name as the reference. Please DO NOT make your BACS payment before ensuring space available by completing the enrolment form (by post or email) or speaking to Dan. Cheques also accepted payable to "Holbrook Swim" If you have problems filling in this form, please feel free to fill in by hand and email or hand to me (before deadline) or send the info on an email is fine.

Swimming Booking Form

Name of Child	Day	Session Title/Booking No.	Time
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Age	DOB (M/Y)	School Attended	
<input type="text"/>	<input type="text"/>	<input type="text"/>	
If new to Holbrook Swim badges/certificates gained elsewhere			
<input type="text"/>			

*****Please provide details here of any condition medical or otherwise that we should know about, including learning and behavioural needs, including medication required***:**

Payment: Cheque enclosed / BACS transfer dated

Parent/guardian details

Name:

Address:

Contact number:

Emergency contact number:

Email address:

By enrolling your child with Holbrook Swim via completion of this booking form you are confirming that:

1. You consent to our instructors contacting you if necessary.
2. You consent to us sharing medical information and contact details with the emergency services and medical teams in the event of an emergency.
3. You acknowledge that Holbrook Swim has adopted Swim England's Safeguarding Policies and Procedures and these are available on the Holbrook Swim website.
4. You consent to Holbrook Swim holding your and your child's personal information during the period of time that your child is participating in swim lessons with Holbrook Swim and for up to a term after the end of this participation. All personal information is held securely and in accordance with the Holbrook Swim Privacy Policy which available on our website.

Please return this form to Holbrook Swim to ensure enrolment of children.

Holbrook Swim has a full set of Policies and Procedures which outline the rights and responsibilities of its participants. Copies of these documents are available on request.

The club only continues to exist with ongoing support from all including the roles of Holbrook Swim Management Committee and Trustees. Details are available on www.holbrookswim.org.uk

Registered charity no: 1167034

admin@holbrookswim.org.uk
www.holbrookswim.org.uk

******PARKING:** it is essential that you park **ONLY** in the **Catering Deliveries/Art and Design** car park to the right of the main school building. **Parking in front of the main building is not permitted.******