

## SWIMMING BOOKING FORM

**Name of Child**                      **Day**                      **Session Title/Booking No.**                      **Time**

**Age**    **School Attended**

If new to Holbrook Swim badges/certificates gained elsewhere.....

**\*\*\*Please provide details of any condition medical or otherwise that we should know about, including medication required\*\*\*:**

**Payment: Cheque enclosed / BACS transfer dated.....**

### Parent/guardian details

Name:

Address:

Postcode:

Contact number:

Emergency contact number:

Email address:

- Please tick to give consent for our instructors to contact you if necessary  
 Please tick to allow us to give information to medical bodies in case of emergency

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

***By enrolling your child with Holbrook Swim via completion of this booking form you are giving consent to Holbrook Swim to hold your and your child's personal information. This consent is presumed ongoing during future terms while your child is participating in swim lessons with Holbrook Swim. All personal information is held securely and in accordance with our Privacy Policy which is available on our website and by request.***

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.

**Holbrook Swim Management Committee positions are elected and open to all declaring an interest. The club only continues to exist with ongoing support from all and this includes the roles of Holbrook Swim Management Committee and Trustees. Details of how you can further support your club are available on the website [www.holbrookswim.org.uk](http://www.holbrookswim.org.uk)**

## Holbrook Swim – Swimming classes

The 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. Classes work towards gaining stages of **Swim England (ASA) Awards** with an emphasis on water skills and safety.

**Beginners** For non-swimmers or those in armbands. Focus is on water confidence, safety and progression out of armbands to 5 meters on front and back and **Swim England (ASA) Stage 2**. Complete beginners need armbands. **Children need 2 floats of their own and a woggle.**

**Early Swimmers For** children who can swim without aids. Introduction to 4 strokes aiming for 50 metres and **Stage 4**. **Children need 2 floats of their own and a woggle.**

**Improvers** To help children perfect strokes, working towards swimming 500 metres and beyond in the 3 main strokes. Basic diving skills and gaining **Swim England (ASA) Stage 5**. **Children need to bring 2 floats of their own. (note rules below).**

**Advanced/Personal Survival** Working towards Personal survival skills and up to **Stage 8**. Aiming at 1000 metres distance. **Children need to bring 2 floats of their own (see below).**

**Swim Fit** For swimmers with Stage 7 and up who would like to progress towards competitive swim standard, including drill practice, starts and turns. (45 minutes)

**Rookie Lifeguard Course** Learn survival, rescue and sports skills, **Swim England (ASA) Stage 7** and up, higher awards for older children up to 16 years. The further progression made with swimming grades, the higher the award as a Rookie. Once 16 you will have most of necessary skills to gain a Full Lifeguard qualification.

### Rules

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

### Instructors

Classes are run by Pam Tunbridge, Dan Harris, Tony McGlone, Colette Smith, Ali Abbott and Julie Stock. All instructors are qualified, DBS checked and experienced at working with children. There is a qualified First Aider at each session.

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

### Session Times

Booking				Booking			
Mondays	No.			Wednesday	No.		
Beginners	MB1	6.15-6.45	Ali Abbott & Dan Harris	Beginners	WB1	6.00-6.30	Colette Smith & Tony McGlone
Early Swim	ME1	6.15-6.45	Colette Smith & Julie Stock	Early Swim	WE1	6.00-6.30	Julie Stock
Improvers	MI1	6.15-6.45	Pam Tunbridge	Improvers	WI1	6.00-6.30	Dan Harris
Beginners	MB4	6.45-7.15	Pam Tunbridge	Beginners	WB3	6.30-7.00	Julie Stock
Early Swim	ME3	6.45-7.15	Ali Abbott	Early Swim	WE2	6.30-7.00	Dan Harris
Improvers	MI2	6.45-7.15	Dan Harris & Julie Stock	Improvers	WI2	6.30-7.00	Tony McGlone
Advanced	MA1	6.45-7.15	Colette Smith	Swim Fit*	WS1	6.30-7.15	Colette Smith
Improvers	MI3	7.15-7.45	Ali / Colette	Early Swim	WE3	7.00-7.30	Dan Harris
Advanced	MA2	7.15-7.45	Dan / Julie	Improvers	WI3	7.00-7.30	Julie Stock
Rookie				Advanced	WA1	7.00-7.30	Tony McGlone
Lifeguard	MR1	7.15-7.45	Pam Tunbridge				

### General information and enrolment details

All classes are held at the swimming pool at the Royal Hospital School. Classes start Monday 11<sup>th</sup> January for 10 weeks. Classes end Wednesday 24<sup>th</sup> March. No classes at half term: week commencing 15<sup>th</sup> February.

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

The classes offered by Holbrook Swim are self-financing and non-profit making. It is therefore essential that pupils are booked in and paid for PRIOR TO THE START OF THE TERM. Places are allocated on a first come, first served basis and a place on the previous terms sessions will not guarantee one this term.

**Cost £85 - for 10 weeks      \*£115 - Swim Fit (45 mins)**  
**(discount for siblings - £80 second child, £75 third)**

Complete the booking form overleaf and enclose your cheque made payable to **Holbrook Swim** and send forms and cheques to:-

Holbrook Swim  
c/o Wain Cottage, Orvis Lane  
East Bergholt, Colchester CO7 6TT  
Tel: 07563 752656

**OR** pay by BACS transfer to: Sort Code: 30-94-55 – Account No: 89055568 giving your child's name and booking number as the reference. No cash payments this term please.

**You will only hear if space is NOT available. Please attend on date and time booked.**

Please DO NOT make your BACS payment before ensuring space available by completing the enrolment form and returning to above address (post or email) or speaking to Rachel.

Office closed from 22<sup>nd</sup> December, re-opening 5<sup>th</sup> January. **Office Hours** are: - Tuesdays and Thursdays 9.30am-12.30pm

# HOLBROOK SWIM

## Spring 2021 Swimming Form

**Classes run Mon. 11<sup>th</sup> Jan. to Weds. 24<sup>th</sup> March for 10 weeks.**  
**No classes at half term: week commencing 15<sup>th</sup> February.**

**Please ensure your child is booked in for swim before  
18 December at the latest.**

**You will only hear back from us if space not available, otherwise please attend class on time and date stated.**

Holbrook Swim  
c/o Wain Cottage, Orvis Lane  
East Bergholt  
Colchester CO7 6TT  
Tel: 07563 752656

Registered charity no: 1167034

**Email [admin@holbrookswim.org.uk](mailto:admin@holbrookswim.org.uk)**

**[www.holbrookswim.org.uk](http://www.holbrookswim.org.uk)**