

# HOLBROOK SWIM

## Autumn 2022

### Swimming Form

**Monday Classes 12<sup>th</sup> September to 12<sup>th</sup> December**  
**Wednesday Classes 14<sup>th</sup> September to 14<sup>th</sup> December.**

**No classes at half term: 17<sup>th</sup> Oct - 28<sup>th</sup> Oct.**

**Please ensure your child is booked in for swimming before  
15<sup>th</sup> July at the latest.**

#### 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 possibly gain a Swim England stage award.

**Beginners** For non-swimmers or those in armbands. Focus is on water confidence, safety and progression out of armbands to swim 5 metres on front and back unaided gaining Stage 2.

**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. Taught in deeper water or at the deep end.

**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 2 floats and a woggle of their own

Improvers & Advanced Children need 2 floats of their own.

**Floats and woggles are available to purchase from us, please contact: [admin@holbrookswim.org.uk](mailto: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

<b>Mondays Sessions</b>	<b>12 Weeks £102</b>	<b>Wednesday Sessions</b>	<b>12 Weeks £102</b>
Beginners MB1	6.15-6.45 Dan Harris	Beginners WB1	6.00-6.30 Gemma Hamilton
Beginners MB2	6.15-6.45 Pam Tunbridge	Early Swim WE1	6.00-6.30 Dan Harris
Early Swim1 ME1	6.15-6.45 Gemma Hamilton	Early Swim WE1	6.30-7.00 Gemma Hamilton
Beginners MB4	6.45-7.15 Gemma Hamilton	Beginners WB3	6.30-7.00 Dan Harris
Early Swim ME3	6.45-7.15 Pam Tunbridge	Improvers WI1	7.00-7.30 Dan Harris
Improvers MI2	6.45-7.15 Dan Harris	Swim Fit WS1**	7.00-7.30 Gemma Hamilton
Rookie Lifeguard*	7.00-7.45 Pam Tunbridge		
Improvers MI3	7.15-7.45 Dan Harris		

**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.**

**Cost \* Rookie Lifeguard £154 (45 mins) \*\*Swim Fit £117 (30 mins)  
(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 and enclose your cheque made payable to **Holbrook Swim and send forms and cheques to:**

Holbrook Swim  
c/o 5 Lewis Lane, Stutton, IP9 2TF  
Tel: 07563 752656

**OR** 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 and returning to above address (post or email) or speaking to Dan

### 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:

- 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.

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

Registered charity no: 1167034

**[admin@holbrookswim.org.uk](mailto:admin@holbrookswim.org.uk)**  
**[www.holbrookswim.org.uk](http://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.\*\*\*\*