

## Booking Form

To make a booking please complete form and return payment to:  
Amanda Simpson, 9 St Peters Street, Wallingford, Oxfordshire, OX10 0AB

HSBC Bank | Account No: 12044846 | Sort Code: 40-34-12

Please put your child's name as reference

Cheques made payable to 'Aqua Blue'

**Please ensure you complete a booking form each term. Your place will only be secured once we have received your form and full payment. Thank you.**

Name of Parent / Guardian:

Mobile:

You will be notified by SMS if lessons are not going ahead for any reason

Home Tel:

Email:

Name of Child	Age	Stage	Day	Time	Price

### SWIMMING COURSE SIBLING DISCOUNT

2 children Deduct £10.00 from total  
3 Children Deduct £20.00 from total

Sibling discount:

Aqua Blue Swimming Hat £5 each:

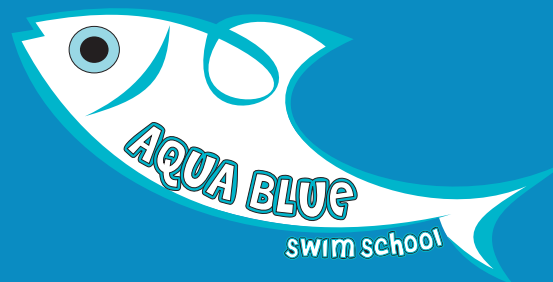
Please circle Chq / Cash / BACS Total:

Does your child suffer from any medical / behavioural condition that the teacher should be made aware of? Yes / No

If Yes, please give details:

How did you hear about Aqua Blue?

If any of your contact info has changed, please give details:



We are an ASA affiliated swim school

[www.aquablue.org.uk](http://www.aquablue.org.uk)



Children's Swimming Lessons at The Downs School, Compton

**Spring Term: January - April 2019**

Amanda Simpson: ☎ 07776 077050 | ☎ 01491 832735

Beth Bevan: ☎ 07809 694361 | ☎ 01635 202976

✉ [hello@aquablue.org.uk](mailto:hello@aquablue.org.uk)

Please complete a booking form each term to secure your space/s

## Children's swimming classes from January - April 2019

\*Only 6 children per class except Training Hour / Stage 7

Downs School Swimming Lessons								
TUESDAYS					WEDNESDAYS			
<b>12 Week Course</b> 8th January - 2nd April HALF TERM 19TH FEBRUARY					<b>12 Week Course</b> 9th January - 3rd April HALF TERM 20TH FEBRUARY			
	Amanda	Sarah	Becky	Beth		Emma	Amanda	Beth
4.30-5pm	Stage 5	Stage 3	Stage 2	Stage 4	4.30-5.00pm	Stage 3	Stage 1/2	Stage 5
5-5.30pm	Stage 4	Stage 2	Stage 1	Stage 5/6	5.00-5.30pm	Stage 5	Stage 3	Stage 4
5.30-6pm	Stage 5	Stage 3	Stage 2	Stage 7 Training Hour	5.30-6.00pm		Stage 5/6	Stage 7 Training Hour
6-6.30pm	Stage 6/7	Stage 4	Stage 3		6.00-6.30pm		Stage 4	
12 Week Course £132 per child					12 Week Course £132 per child			

Downs School Swimming Lessons								
THURSDAYS					<b>Priority booking for those                      already attending the                      course until:</b>  <b>13 December 2018</b>  <b>AFTER THIS DATE ALL AVAILABLE                      SPACES WILL BE OFFERED TO                      OUR WAITING LIST</b>  Lessons require 2 children minimum to go ahead			
<b>12 Week Course</b> 10th January - 4th April HALF TERM 21ST FEBRUARY								
	Emma	Amanda	Beth					
4.30-5.00pm	Stage 4	Stage 5	Stage 1/2					
5.00-5.30pm	Stage 4	Stage 3	Stage 5/6					
5.30-6.00pm	Stage 6/7	Stage 3	Stage 7 Training Hour					
6.00-6.30pm	Stage 5	Stage 4						
12 Week Course £132 per child								

## The ASA National Plan for Teaching Swimming

**STAGE 1 (Age 4 years +)** Complete beginner. Developing basic safety awareness, basic movement skills and water confidence skill. Swimmers may use arm bands, woggles, etc.

**STAGE 2 (Age 4 years +)** Developing safe entries to the water, basic floating, travel and rotation unaided to gain upright positions.

**STAGE 3 (Age 4 years +)** Developing safe entries including submersion, learn to travel up to 10 metres on front and back, progress rotation skills and water safety knowledge.

**STAGE 4 (Age 5 years +)** Developing the understanding of buoyancy through a range of skills, refining kicking technique for all strokes, and swimming 10 metres to ASA standards.

**STAGE 5** Developing 'watermanship' through sculling and treading water skills, and complete rotation, also performing all strokes to ASA standard. In addition to this course we will be working on the 25 metre distance that all children of primary school age need to pass before they leave Primary School. Booster class. Brownie Swimmer Badge & Cub Swimmer 1 Badge.

**STAGE 6** Developing effective swimming skills including coordinated breathing, developing the water safety aspects and understanding of preparation for exercise. Plus Cub Swimmer 2 badge.

**STAGE 7** Developing quality stroke technique up to 100 metres, incorporating skills learnt and combining them to develop a linked routine and complete successfully an obstacle course that combines a variety of skills accomplished through stages 1 to 7. Plus Brownie advanced Swimmer badge.