



Beth Bevan: 07809694361
Email: hello@aquablue.org.uk
www.aquablue.org.uk

Booking Form Information

- Children's Swimming Lessons at The Downs School, Compton
- Summer Term: April - July 2021
- Please ensure you complete a booking form each term
- Your place will only be secured once we have received your form and full payment

Name of Parent / Carer:

Mobile No. (for SMS cancellation notifications):

Home Tel:

Email:

Name of Child:

Age:

Stage:

Day:

Time:

Price:

Does your child suffer from any medical\behavioural conditions that the teacher should be made aware of?

Total:

If Yes, please give details:

How did you hear about Aqua Blue?

Aqua Blue Swimming Hat (£5 each): Yes / No

Payment method: Chq / Cash / BACS

To complete your booking please complete and return this form digitally to hello@aquablue.org.uk (to do this: download this PDF form to your device, input your details, save and attach to your email) then send your payment using the following information (Please put your child's name as reference):

- HSBC Bank | Account No: 12044846 | Sort Code: 40-34-12
- Cheques to be made payable to 'Aqua Blue' and posted to Pineleigh House, Newbury Road, Hermitage, Berkshire, RG18 9TD



LESSON SCHEDULE APRIL - JULY: 2021

THE DOWNS SCHOOL, COMPTON, RG20 6AD

TUESDAYS		WEDNESDAYS		THURSDAYS	
20th April - 13th July HALF TERM 31st MAY - 4th JUNE		21st April - 14th July HALF TERM 31st MAY - 4th JUNE		22nd April - 15th July HALF TERM 31st MAY - 4th JUNE	
Sarah	Beth	Beth	Jo	Beth	Sarah
4:30-5:00pm Stg 4	4:25-4:55pm Stg 5/6	4:25-5:25pm (Training Hour)	4:30-5:00pm Stg 4	4:25-4:55pm Stg 4	4:30-5:00pm Stg 7
5:00-5:30pm Stg 4	4:55-5:25pm Stg 5/6	5:30-6:30pm (Training Hour)	5:00-5:30pm Stg 5/6	4:55-5:25pm Stg 4/5	5:00-5:30pm Stg 6/7
5:30-6:00pm Stg 1/2	5:25-5:55pm Stg 5	6:00-6:30pm Stg 6/7	5:30-6:00pm Stg 5/6	5:25-5:55pm Stg 1/2	5:30-6:00pm Stg 5/6
6:00-6:30pm Stg 3	5:55-6:25pm Beginners Stg 5			5:55-6:25pm Stg 3	6:00-6:30pm Stg 5/6
12 Week Course: £156 per child		12 Week Course: £156 per child		12 Week Course: £156 per child	

SWIM ENGLAND 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, goggles, 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 Swim England standards.

STAGE 5: Developing 'watermanship' through sculling and treading water skills, and complete rotation. Booster class.

STAGE 6: Developing effective swimming skills including coordinated breathing, developing the water safety aspects and understanding of preparation for exercise.

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. For children who have passed Stage 6.

TRAINING HOUR: Stroke technique. Starts and turns. Stage 7+.