

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 / Carer:

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 £11 from total
3 Children Deduct £22 from total

Sibling discount:

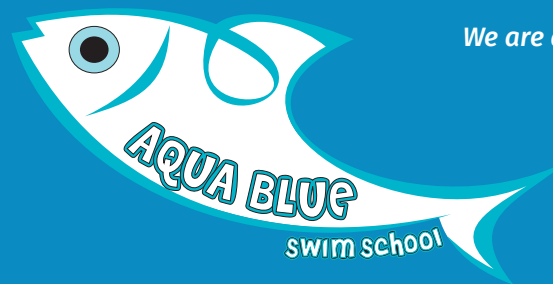
Aqua Blue Swimming Hat £5 each:

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?



We are a Swim England affiliated swim school

www.aquablue.org.uk



Children's Swimming Lessons at The Downs School, Compton

Summer Term: April - July 2020

Amanda Simpson: ☎ 07776 077050 | ☎ 01491 832735

Beth Bevan: ☎ 07809 694361 | ☎ 01635 777577

✉ hello@aquablue.org.uk

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Children's swimming classes from April - July 2020

*Only 6 children per class except Training Hour / Stage 7 /
Rookie Life Saving and Synchronised Swimming

Downs School Swimming Lessons

TUESDAYS			WEDNESDAYS			
12 Week Course 21st April - 14th July HALF TERM 26TH MAY			12 Week Course 22nd April - 15th July HALF TERM 27TH MAY			
	Sarah	Amanda		Hannah	Amanda	Beth
4.30-5.00pm	Stage 4	Stage 5/6	4.30-5.00pm	Stage 3	Rookie LS	Stage 1/2
5.00-5.30pm	Stage 1/2	Stage 5/6	5.00-5.30pm	Stage 4	Stage 5	Stage 5/6
5.30-6.00pm	Stage 4	Stage 5	5.30-6.00pm		Stage 5/6	Stage 7 Training Hour
6.00-6.30pm	Stage 3	6/7/Rookie LS	6.00-6.30pm		Synchro	
12 Week Course £138 per child			12 Week Course £138 per child			

Downs School Swimming Lessons

THURSDAYS			
12 Week Course 23rd April - 16th July HALF TERM 28TH MAY			
	Hannah	Sarah	Beth
4.30-5.00pm	Stage 1/2	Stage 3	Stage 4
5.00-5.30pm	Stage 1/2	Stage 3	Stage 5/6
5.30-6.00pm		Stage 6/7	Stage 7 Training Hour
6.00-6.30pm		Stage 4	
12 Week Course £138 per child			

*Priority booking for those
already attending the
course until:*

2nd April 2020

**AFTER THIS DATE ALL AVAILABLE
SPACES WILL BE OFFERED TO
OUR WAITING LIST**

Lessons require 2 children
minimum to go ahead

The 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, 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 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.

ROOKIE LIFE SAVING Self survival and rescue. Stage 5+.

SYNCHRONISED SWIMMING Stage 5+.

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