

To make a booking please complete and return your payment to:

Amanda Simpson
31 Garrett close, Kingsclere Newbury RG20 5SD
Cheques made payable to Aqua Blue

Or BACS HSBC 12044846. 403412
Please put your child's name as reference followed by DS

A place will be secured once a completed form and full payment has been received. Thank you.

Aqua blue swimming hats £4.00 if required.

Name of Parent/Guardian:

Address:

Mobile:*
You will be notified by phone if lessons are not going ahead for any reason.

Home:

Email:

Name of Child	Age	Stage	Day	Time	Price

SWIMMING COURSE SIBLING DISCOUNT 2 Children less £10.00 3 Children less £20.00	Tuesday 11 week course £110 <input type="checkbox"/>
	Thursday 10 week course £100 <input type="checkbox"/>
	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?



The Downs School, Compton
Spring Term 2016



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, including jumping in, 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.

January - March 2016

TUESDAY 11 week course 5th January - 22nd March Half term 16th February			THURSDAY 10 week course 7th January - 17th March Half term 18th February		
	Beth	Amanda		Beth	Amanda
4.30-5.00pm	Stage 1	Stage 3	4.30-5.00pm	Stage 5	Stage 1
5.00-5.30pm	Stage 4	Stage 2	5.00-5.30pm	Stage 6	Stage 3
5.30-6.00pm	Stage 5	Stage 3	5.30-6.00pm	Stage 7	Stage 4
6.00-6.30pm	Stage 5	Stage 7	6.00-6.30pm	Stage 4	Stage 5

Only 6 Children per lesson
Priority booking for those already attending the course
until 10th December 2015.

Tuesday 11 week course £110.00 per child
Thursday 10 week course £100.00 per child

ASA level 2 Teacher Amanda Simpson 01635 299680 07776077050
amandasimpson148@btinternet.com

ASA Level 2 Teacher Beth Bevan 01635 200272 07809694361
bethcooper_2000@yahoo.com

www.aquablue.org.uk

Aqua Blue Swim school is affiliated to the ASA