

Booking confirmation

Spring term 2012

Full name of pupil	age	class code	day	time

Please keep this booking confirmation as proof of payment and class booked.

If parents have booked a class for their children, they should arrive 10 minutes before lesson time selected to assist in changing children prior to the lesson. Assistance in changing children after the class will also be required.

Parents are requested not to distract or communicate with children during their lesson and to remain on the balcony until the lesson finishes.

Bookings for carer and toddler sessions are not subject to the booking dates given overleaf, and must be made at reception.

For official use only

Stamped paid

Refunds will only be given on presentation of a medical certificate minus a £5.10 administration charge.

Swimming course

Spring term 2012

**Monday 9 January to
Saturday 31 March - 11 weeks**

**No swimming classes during
half term 13 to 18 February 2012**

Assessment week for existing pupils

pupils staying in same class on same day and time

Monday 7 to Saturday 12 November 2011

any time during opening hours

Priority booking existing pupils

pupils changing class or class day and/or time

Sunday 13 to Saturday 19 November 2011

1.00pm onwards, no queuing before 12.00 noon

New pupil bookings

Sunday 20 November 2011 onwards

1.00pm onwards, no queuing before 12.00 noon

Only cash or cheque payments are accepted on booking days.

Please see inside for class descriptions and times

Teddington Pools & Fitness Centre

Vicarage Road, Teddington TW11 8EZ

Phone: 020 8977 9911 Email leisure@richmond.gov.uk



Swimming course information - Spring term 2012

Minimum standard required:

Carer and baby - 6 months to 1 year old - Children must have had their triple injections. Aimed at building a carer's confidence in handling their baby and familiarising them with the pool environment. Courses last half an hour and are held on Mondays at 10.30am and Thursdays at 11.00am. Bookings for carer and baby sessions are not subject to the booking dates given overleaf, and must be made at reception.

Carer and toddler - 1 to 3 years old - For water-confident toddlers.

Aimed at improving early water skills with carer support. Courses last half an hour and are held on Mondays at 10.00am, Tuesday at 1.15pm (2-3 years), Thursdays at 10.30am, Fridays at 10.00am.

Junior classes

L1a/L1b	Beginner
L2a/L2b	5m
L3a/L3b	5m Front and back
L4	10m Front and 5m back
L5	10m Front and back
L6	10m All strokes
L7	25m All strokes, basic techniques
L8	25m Efficient strokes and 10m butterfly
L9	50m Two efficient strokes, breaststroke / butterfly leg kick
L10	150m Plunge dive / tumble turns
L11	Tread water 1 min and 10 mins swim continually efficient technique

Adult classes - six week courses

A1	beginners - small pool
A2	intermediate - large pool
A3	advanced - large pool

Class times

Mondays:	A2	9.15- 9.45am
	A1	8.00 - 8.30pm
	A3	8.30 - 9.00pm
	A2	9.00 - 9.30pm

Bookings for adult classes are not subject to the booking dates given overleaf, and must be made at reception.

Prices

		Leisure Card	non Leisure Card
Junior lessons	11 weeks	£77.00	£87.00
Adults	6 weeks	£42.00	£46.00
Carer/baby/toddler	6 weeks	£38.00	£42.00

General information

- Badges are not included in course fee and cost £2.60.
- No free swimming permitted before or after lessons.
- Children are permitted to wear goggles in lessons, but will not be permitted to wear them during the assessment.
- Please be advised that goggles do affect their confidence and could adversely affect their assessment if they do not practice without goggles.
- The Centre reserves the right to alter this lesson timetable subject to demand.
- No pushchairs in the changing rooms.
- No parents/guardians permitted on poolside during lessons.

Free Leisure and Youth Card

Anyone aged 0 to 19 years or 0 to 25 years with a disability can sign up for a free Leisure and Youth Card. You must either live, work, go to school or be registered at a youth club within the London Borough of Richmond upon Thames to be eligible. This card offers a wide range of discounts at borough sports and fitness centres and will enable you to purchase a swimming course at the Leisure Card price.

Please contact us if you need this leaflet in Braille, large print, on audio tape or in another language.
Phone: 08456 122660, Minicom: 020 8831 6001.

If you have difficulty understanding this leaflet please visit reception at the address below, where we can arrange a telephone interpreting service.

اگر در فهمیدن این نشریه مشکلی دارید لطفاً به میز پذیرش در آدرس قید شده در زیر مراجعه غایب تا ترتیب ترجمه تلفنی برایتان فراهم آورده شود:

Farsi

إذا كانت لديك صعوبة في فهم هذا المنشور، فنرجو زيارة الإستقبال في العنوان المعطى أدناه حيث بإمكاننا أن نرتب لخدمة ترجمة شفوية هاتفية.

Arabic

ਜੇਕਰ ਤੁਹਾਨੂੰ ਇਸ ਪਰਚੇ ਨੂੰ ਸਮਝਣ ਵਿੱਚ ਮੁਸ਼ਕਲ ਪੈਸੇ ਆਉਂਦੀ ਹੈ ਤਾਂ ਹੇਠਾਂ ਦਿੱਤੇ ਥਾਂ ਪੜ੍ਹੇ ਉੱਪਰ ਵਿਸ਼ੇਸ਼ਤਾ 'ਤੇ ਆਉ ਜਿੱਥੇ ਅਸੀਂ ਟੈਲੀਫੋਨ ਤੇ ਗੱਲਬਾਤ ਕਰਨ ਲਈ ਇੰਟਰਪ੍ਰਿਟਰ ਦਾ ਪ੍ਰਬੰਧ ਕਰ ਸਕਦੇ ਹਾਂ।

Punjabi

Education, Children's and Cultural Services, Civic Centre, 44 York Street, Twickenham, TW1 3BZ