

Swimming course

class dates and booking forms

Junior class - Monday to Thursday for 12 weeks:

Monday 4 January to Thursday 1 April 2010

Junior class - Friday and Saturday for 11 weeks:

Friday 8 January to Saturday 27 March 2010

No swimming classes during half term 15-20 February 2010

Assessment week for existing pupils

pupils staying in same class on same day and time

Monday 9 November to Saturday 14 November

any time during opening hours

Priority booking existing pupils

pupils changing class or class day and/or time

Sunday 15 to Saturday 21 November

5.00pm onwards, no queuing before 4.00pm

New pupil bookings Mon-Sat classes only

new pupils not already on a course Mon-Sat classes

Sunday 22 November 5.00pm onwards, no queuing before 4.00pm

Sunday class bookings

existing pupils 4+ years only **Monday 23 November onwards**

new pupils 4+ years only **Monday 30 November onwards**

Payment must be made at the time of booking.

Only cash or cheque payments are accepted on booking days.

Please see inside for class descriptions and times

Swimming course information - spring term 2010

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, Thursdays at 10.30, Fridays at 10.00am, and 12.30pm (for 2-3 years). Sundays 4.00-5.00pm learners shallow end, groups deep end (all junior levels)

Junior classes - 11 and 12 week courses

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 2 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: A1 & A2	9.15am - 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.

Class timetable/codes a - classes for 3 to 4 years b - classes for 5+ years Sunday lessons - for 4+ years only

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
8.30am						L4 L1a	
9.00am						L2b L6	
9.15am	A1 A2						
9.30am			L1a L1a	L1a	L1a	L3b L2a	
10.00am			L1a L1a	L1a		L1b	
10.30am							
3.00pm		L1a	L1a	L1a	L1a		
3.30pm			L1a	L2a	L1a		
4.00pm	L1a L7 L4	L3b L6 L9	L2a L6 L7	L2b L6 L8	L3b L5		4.00-5.00pm learners shallow end, groups deep end all junior levels
4.30pm	L2b L9 L6	L3a L5 L8	L1a L5 L10	L3b L1b L9	L1a L2b		
5.00pm	L3b L11 L4	L2b L3b L10	L4 L2b L7	L1b L3b L8	L1b L2a		
5.30pm	L1a L5 L8	L1b L4 L7	L1b L7	L5 L7 L2b	L4 L2b		
8.00pm	A1						
8.30pm	A3						
9.00pm	A2						

Prices

		Leisure Card	non Leisure Card
Junior lessons	12 weeks	£84.00	£95.00
Junior lessons	11 weeks	£77.00	£87.00
Junior lessons Sunday	10 weeks	£52.30	£57.40
Adults	6 weeks	£40.00	£44.40
Carer/baby/toddler	6 weeks	£38.00	£42.00

Please note:

- Sunday lessons are for children aged 4+ years only. Learners at shallow end and groups at deep end.
- Badges are not included in course fee and cost £2.60.
- No free swimming permitted before or after lessons.

Teddington Pools & Fitness Centre

Booking form - spring term 2010



LONDON BOROUGH OF
RICHMOND UPON THAMES

Full name of pupil	age	class code	day	time	Leisure Card
					yes / no
					yes / no
					yes / no
					yes / no
					yes / no

Name of parent/carer:

Address:

..... postcode:

Phone home: work: mobile:

Email*:

* If you do want to receive, via email, information on future offers, activities or events from the Sport & Fitness Services Section of the Children's Services and Culture, please tick this box

I enclose payment of £..... cash cheque **Cheques payable to LBRUT**

N.B. Payment must be made at the time of booking. Only cash or cheque payments are accepted on booking days.

No free swimming permitted before or after lessons

No pushchairs in the changing rooms

No parents/guardians permitted on poolside during lessons

Please note:

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.

No postal or telephone applications will be accepted.

The Centre reserves the right to alter this lesson timetable subject to demand.

It would help us with our marketing if you could indicate where you found out about this course/activity:

word of mouth local press school school name.....

local library Live It Up other leaflet please state.....

internet telephone enquiry other please state.....

Teddington Pools & Fitness Centre

Booking confirmation - spring term 2010

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

Ethnicity - in order to ensure that we are reaching all areas of the community it would be helpful if you could complete the following:

A-White British Irish Eastern European

Any other White background, please specify

B-Mixed White and Black Caribbean White and Black African White and Asian

Any other Mixed background, please specify.....

C-Asian or Asian British Indian Pakistani Bangladeshi Afghan

Any other Asian background, please specify

D-Black or Black British Caribbean African

Any other Black background, please specify.....

E-Other ethnic background Chinese Vietnamese Middle Eastern Gypsy/Traveller/Romany

Any other ethnic background, please specify.....

Do you have any disability? yes no If yes please specify.....

Physical impairment Sensory impairment Long-standing illness or health condition such as cancer, HIV, diabetes, chronic heart disease, or epilepsy Mental health condition

Learning disability/difficulty Other please specify.....

Gender female male

Age under 16 years 16 to 30 years 31 to 49 years 50 to 64 years 65+ years

Language spoken - please specify.....

Religion: Christian Hindu Muslim Jewish Buddhist Sikh

Other please specify.....

Data Protection

For full details of Richmond Council's Data Protection Policy please visit www.richmond.gov.uk

If you do not want to receive information about offers, activities and events from the Sports and Fitness Services Section of Children's Services and Culture, please tick

If you do not wish to be contacted by the Sports and Fitness Services Section of Children's Services and Culture, for research purposes (excluding research or surveys the Council is required to conduct) please tick

Please contact us if you need this leaflet in Braille, large print, on audio tape or in another language. Phone: 020 8891 7500, Minicom number: 020 8891 7539.

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 نمایید 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

Children's Services and Culture
London Borough of Richmond upon Thames,
1st Floor, Regal House, London Road,
Twickenham, Middlesex TW1 3QB

ਜੇਕਰ ਤੁਹਾਨੂੰ ਇਸ ਪਰਚੇ ਨੂੰ ਸਮਝਣ ਵਿਚ ਮੁਸ਼ਕਲ ਪੇਸ਼ ਆਉਂਦੀ ਹੈ ਤਾਂ ਹੇਠਾਂ
ਦਿੱਤੇ ਗਏ ਪਤੇ ਉੱਪਰ ਰਿਸੈਪਸ਼ਨ 'ਤੇ ਆਓ ਜਿੱਥੇ ਅਸੀਂ ਟੈਲੀਫੋਨ ਤੇ ਗੱਲਬਾਤ
ਕਰਨ ਲਈ ਇੰਟਰਪ੍ਰਿਟਰ ਦਾ ਪ੍ਰਬੰਧ ਕਰ ਸਕਦੇ ਹਾਂ।
Punjabi