



Summer Term 2010 Starfish Swimming Courses Booking Form

www.hamptonpool.co.uk

High Street, Hampton, TW12 2ST ☎ 020 8255 1116 email: info@hamptonpool.co.uk

Personal details

Family name		Age	
First name		Date of birth	
Parent or guardian's full name			
Address			
		Postcode	
Main telephone		other telephone	
email			

Does your child have any medical conditions, allergies, learning or hearing disabilities that we should be aware of?

no yes details:

Course information

Each session lasts for half an hour. Spaces are limited so please check availability with reception before completing this form.

Lesson timetable	Monday	19 April	to 12 July
	Tuesday	20 April	to 13 July
	Wednesday	21 April	to 14 July
	Thursday	22 April	to 15 July
	Friday	23 April	to 16 July
	Saturday	24 April	to 17 July
NO LESSONS	Bank holiday – 3 May	Half term – 31 May to 4 June	
Fees per person (12 lesson term, *11 lesson term on Mondays)	Stage 1, 2 & 3 (12* x £8.50)	£102 (£93.50*)	4 children per class
	Stage 4-8 (12* x £7.20)	£86.40 (£79.20*)	6 children per class
	pre-club Tues/Fri (45 min session) (12 x £8.00)	£96	8 children per class

PLEASE NOTE: No bookings can be taken without payment. Please make cheques payable to YMCA LONDON SOUTH WEST.

for office use only

amount paid	<input type="text"/>	date	<input type="text"/>	cash	<input type="checkbox"/>	card	<input type="checkbox"/>	cheque	<input type="checkbox"/>
staff signature	<input type="text"/>								

Booking details

Please indicate a day, course and time by ticking in the white boxes below:

Day	Mon	Tues	Wed	Thurs	Fri	Sat
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Course	Ability	M/W/Th & F	Tuesday	Saturday
Stage 1	Non swimmers	16.00-16.30	17.00-17.30	9.00-9.30
				9.30-10.00
				10.00-10.30
				10.30-11.00
Stage 2	Paddling a short distance with face in water without aids	16.30-17.00	17.30-18.00	9.00-9.30
				9.30-10.00
				10.00-10.30
				10.30-11.00
Stage 3	5m on front and back	17.00-17.30	18.00-18.30	9.00-9.30
		17.30-18.00	18.30-19.00	9.30-10.00
				10.00-10.30
				10.30-11.00
Stage 4	10m on front and back (over-arm recovery)	16.00-16.30	17.00-17.30	9.00-9.30
		16.30-17.00		9.30-10.00
Stage 5a	10m Frontcrawl and Backstroke (FC and BS with proper technique; Breast/Fly kick)	17.00-17.30	17.00-17.30	10.00-10.30
Stage 5b	15m Frontcrawl and Backstroke; Breaststroke/Fly improver	17.30-18.00	17.30-18.00	
Stage 6	20m Frontcrawl and Backstroke + Breast/Fly full stroke	16.00-16.30	17.30-18.00	10.30-11.00
		16.30-17.00	18.00-18.30	
Stage 7	25m Frontcrawl, Backstroke and Breaststroke + 10m Fly	17.00-17.30	18.30-19.00	
Stage 8	50m Frontcrawl, Backstroke and Breaststroke + 25m Fly	17.30-18.00		
Pre-Club (Tuesday & Friday evenings only)	Ideal class for those looking to increase good stroke technique and stamina in preparation for our swimming club, Hampton Great Whites	18.00-18.45		

Please contact reception on **020 8255 1116** to check availability or if you have any queries before filling in this form.

