



Summer 2010 Adult 5 Week Crash Courses Booking Form



www.hamptonpool.co.uk

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

A Summer 5 week course for our Adult Improvers and a new class called Swim Fit:

Adult Improver – aimed at swimmers who want to improve their general technique and fitness.

Swim Fit – aimed at advanced swimmers with experience in all four strokes who would like to improve technique and gain swimming fitness.

Personal details

Family name			
First name		Date of birth	
Address			
		Postcode	
Main telephone		other telephone	
email			

Do you have any medical conditions, allergies, learning or hearing disabilities that we should be aware of?

no yes please give details:

Course information

This is a five week course on the following dates:

Adult Improver (45 minutes)	Monday 26 July– Monday 23 August	19.00-19.45	
	Tuesday 27 July– Tuesday 24 August	19.00-19.45	
Swim Fit (1 hour)	Monday 26 July– Monday 23 August	19.45-20.45	
	Tuesday 27 July– Tuesday 24 August	19.45-20.45	
Fees per course	Adult Improver £42.50		
	Swim Fit £45.00	Total	£

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

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

