

19) 5.15 – 5.45 pm: Improver 1
Course Ref: SU06P19

20) 5.45 – 6.15 pm: Beginner 2
Course Ref: SU06P20

21) 5.45 – 6.15 pm: Improver 3
Course Ref: SU06P21

22) 5.45 – 6.30 pm: Swim Club 1
Course Ref: SU06P22

23) 5.45 – 6.30 pm: Swim Club 2
Course Ref: SU06P23

Course Fees:

Junior 30 mins -£66.00/Junior 45 mins - £95.00
Adults - £99.00. *Cheques payable to 'Aqua Swimming Ltd' (please put name and course ref on reverse).*

TERMS & CONDITIONS OF BOOKING:

1) **All course fees are to be paid in advance before the commencement of the term.**

2) A minimum of **one half term's written notice** is required prior to withdrawal of a child/adult from the swimming school.

3) **No refunds** are given should any lesson have to be cancelled for any reason outside of the control of Aqua Swimming Ltd or if lessons are missed due to holidays, sickness or other absences. It may be possible on *some* occasions to extend the term if a session or sessions are cancelled by the swimming school.

4) **Existing Swimmers** will receive a priority booking form which must be completed and returned with the full course fee before the date stated. Swimmers must first check with their instructor which course to book for the following term. The instructor will complete either a yellow slip (stay in same session) or blue slip (move to another group). The information on the slip must be used when making a booking for the following term.

Failure to book before the date stated on the Priority Booking Letter may result in places being given to new swimmers joining the Aqua Swimming programme.

5) **New Swimmers** are required to complete an application form and return this together with the course fee. New members are allocated places after existing swimmers have booked for the term.

Individual Private Lessons: Exclusive one to one or one to two lessons are also available in a private pool in Sevenoaks for children and adults. Please contact the office for further information.

DIRECTIONS:

Kent College Pembury: From M25 follow A21 past Tonbridge. Half a mile after the end of the dual carriageway turn left directly after Fairthorne Garage and left again at T-junction. Entrance to school swimming pool is approx 300 metres on right hand side. From Maidstone, Tunbridge Wells or Hastings approach school via A228. From Pembury take next left (after approx three quarters of a mile) signposted Kent College.

COURSES ARE ALSO HELD AT THE FOLLOWING LOCATIONS:

Crofton School, Orpington, BR5 1EL
Walthamstow Hall, Sevenoaks, TN13 3UL
Brooklands School, Reigate RH2 ODF
Royal Alexandra & Albert School,
Reigate RH2 OTW
St Michael's School, Otford, TN14 5SA

Aqua Swimming Ltd
33 Chipstead Park, Sevenoaks, Kent TN13 2SL
Tel: 01732 455800 Fax: 01732 455801
Email: admin@aquaswimming.ltd.uk
Web: www.aquaswimming.ltd.uk



SUMMER PROGRAMME 2006

At

Kent College Pembury
Tunbridge Wells
TN2 4AX

Welcome! Aqua Swimming provides high quality swimming tuition by qualified instructors for children and adults from beginner through to advanced levels. The courses are run in line with the ASA (Amateur Swimming Association) National Plan for the Teaching of Swimming (NPTS). This is a nationally recognised framework for learn-to-swim programmes that creates a clear consistency in approach, structure and in teaching methods. Children and adults work towards achieving different sets of targets under the ASA Award Scheme. A certificate and badge is awarded at the end of each course after achieving a recognised level of competence.

LEVELS AVAILABLE:

PRE-SCHOOL: aged 3 – 4 years unaccompanied in the water and unable to swim without buoyancy aids.

Aim: Introduction to basic water skills.

BEGINNER 1: aged 4 years plus - unable to swim without use of buoyancy aids or with no previous swimming experience.

Aim: to develop confidence in the water and introduce techniques to swim without buoyancy aids.

BEGINNER 2: aged 4 years plus - confident in the water and able to swim first few strokes with the use of buoyancy aids.

Aim: to develop further water confidence to swim a few strokes on the front or back without buoyancy aids

BEGINNER 3: aged 4 Years plus - confident in the water and achieving first few strokes on the front or back without buoyancy aids.

Aim: to develop confidence of swimming without buoyancy aids for 5 meters; floating without armbands/woggles.

INTERMEDIATE: able to swim 5-20 metres on the front or back and float without buoyancy aids.

Aim: to develop stroke technique on the front and back working towards swimming 25 metres in good style.

IMPROVER 1: able to swim 25 metres in deep water on the front and back with good style.

Aim: to develop technique of front crawl, backstroke and breaststroke, general water skills and working towards swimming 50 metres with good style.

IMPROVER 2: able to swim 50 metres with good style on the front and back in at least two strokes.

Aim: development of stroke technique, stamina and general water confidence. Working towards swimming 100 metres on three different strokes with good style.

IMPROVER 3: able to swim 100 metres and perform three different strokes with good style.

Aim: to develop advanced water skills and working towards swimming 200 metres with good style on two different strokes.

SWIM CLUB 1: able to swim 200 metres on two different strokes with good style including two correct turns.

Aim: to develop speed, diving and more advanced water techniques. Working towards swimming 200 metres with good technique on three different strokes.

SWIM CLUB 2: able to swim 200 metres on three different strokes with good technique.

Aim: to develop advanced skills, speed technique and working towards swimming with good technique on all four strokes.

ADULT BEGINNERS & IMPROVERS: for adults learning for the first time and those wishing to improve confidence and technique.

COURSES:

THURSDAYS

27 APR – 6 JUL (not 1 June)

1) 6.00 – 6.30 pm: Improver 3
Course Ref: SU06P1

2) 6.30 – 7.15 pm: Swim Club 1
Course Ref: SU06P2

3) 7.00 – 7.45 pm: Swim Club 2
Course Ref: SU06P3

4) 7.45 – 8.30: Adult Beginners
Course Ref: SU06P4

5) 7.45 – 8.30: Adult Improvers
Course Ref: SU06P5

SATURDAYS

29 APR – 8 JUL (not 3 June)

6) 3.45 – 4.15 pm: Pre-School
Course Ref: SU06P6

7) 3.45 – 4.15 pm: Beginner 3
Course Ref: SU06P7

8) 3.45 – 4.15 pm: Improver 1
Course Ref: SU06P8

9) 4.15 – 4.45 pm: Beginner 1
Course Ref: SU06P9

10) 4.15 – 4.45 pm: Intermediate
Course Ref: SU06P10

11) 4.15 – 4.45 pm: Improver 3
Course Ref: SU06P11

12) 4.45 – 5.15 pm: Beginner 2
Course Ref: SU06P12

13) 4.45 – 5.15 pm: Intermediate
Course Ref: SU06P13

14) 4.45 – 5.15 pm: Improver 2
Course Ref: SU06P14

15) 4.45 – 5.15 pm: Improver 1
Course Ref: SU06P15

16) 5.15 – 5.45 pm: Beginner 1
Course Ref: SU06P16

17) 5.15 – 5.45 pm: Beginner 3
Course Ref: SU06P17

18) 5.15 – 5.45 pm: Improver 2
Course Ref: SU06P18

(Cont' over)