

Holiday Swimming Courses at Repton and Foremarke Summer 2011

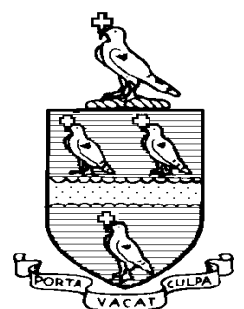


**Repton School Enterprises Ltd, The Business Centre,
1 High Street, Repton, Derbyshire DE65 6GD**

Tel: 01283 559322

e-mail: enterprise@repton.org.uk

**Repton Enterprises is a wholly owned
subsidiary of Repton School**



SWIMMING COURSES

BOOKING FORM

Please complete in full and send, with payment, to : Enterprise Office,
The Business Centre, 1 High St, Repton, Derbyshire DE65 6GD

PARENT / GUARDIAN DETAILS

Family Name _____ Forename _____

Please circle : Mr / Mrs / Miss / Other _____

Legal Relationship to Student _____

Home Address _____

_____ Post Code _____

Home Tel : _____ Mob Tel : _____

E-mail _____

Please confirm if happy for correspondence to be e-mailed Yes / No

STUDENT DETAILS

Family Name _____ Forename _____

Date of Birth _____ Gender Male / Female

School _____

DECLARATION

I / we have read the Terms and Conditions on page 4 of this leaflet, fully understand them and agree to abide by them.

I enclose a cheque for £ _____ as full sum for the:- Tick as applicable

Repton Course 1 (15 — 19 Aug)	<input type="checkbox"/>	Repton Course 2 (22 — 26Aug)	<input type="checkbox"/>
Foremarke Course 1 (25 — 29 Jul)	<input type="checkbox"/>	Foremarke Course 2 (8—12 Aug)	<input type="checkbox"/>

Please state level

Cheques should be payable to Repton School Enterprises Ltd.

Signature _____

Name (in caps) _____ Date _____

Repton School Enterprises Ltd will run three swimming courses at Repton and Foremarke pools this summer. The advanced course also introduces diving to those with swimming experience. Courses are open to anyone satisfying the standard criteria detailed below. These courses are very popular so early application is recommended. We are also offering Life-guarding courses in Repton to students aged 16 or over who are competent swimmers and who want to gain the National Pool Lifeguard Qualification (NPLQ) to enable them to work as a lifeguard. Please contact the Repton Enterprise office (details on front cover) for further details of our NPLQ training courses.

Swimming Courses — Repton Pool

We are again running our popular swimming courses which will be taught by Emma Bryant. Emma has been teaching swimming since 2006, becoming fully qualified in 2010. She has experience teaching all levels and ages including adults. Currently she has been teaching regularly at several different swim schools with her lively and fun teaching style proving popular and effective.

Repton Course 1 : 15th—19th August Repton Course 2 : 22nd—26th August

LEVEL 1 (NPTS Stage 1) Non Swimmer—8.30 a.m. daily for 30 minutes

Introducing complete beginners to the water, developing water confidence skills and basic water safety, leading to basic movement, propulsion and buoyancy skills.

LEVEL 2 (NPTS stages 2-3) Beginner—9.00 a.m. daily for 30 minutes

Furthering water confidence and developing skills that aid swimming technique including submersion, rotation, breathing and control in the water. Begin to develop the strokes by introducing front and back paddle. Develop safe entries into the water including jumping in.

LEVEL 3 (NPTS stages 4-6) - Improver 1– 9.30 a.m. daily for 30 minutes

Developing the four strokes, focusing on good streamlining and breathing technique. Introduces other water related skills including treading water, sculling, handstands, somersaults and different jumps.

ADVANCED TECHNIQUE AND DIVING (NPTS stage 7+) —10.00 a.m. daily for 30 minutes

Continue to develop stroke quality, increase stamina and skill particularly with regard to coordinating all aspects of a stroke (arm action, leg action, breathing and streamlining). Part of this course will be dedicated to developing diving, both for competitive purposes and for fun. A number of different jumps and dives will be covered both on and off the diving blocks including tuck jumps, straddle jumps, kneeling and standing dives.

Cost : £35 per course at all levels

Swimming Courses—Foremarke Hall Pool, Milton

....and we have pleasure in introducing the new Foremarke Swim Coach Rebecca Ward who will be taking the summer courses at Foremarke. Rebecca has taught swimming for 10 years, ranging from beginners to competitive swimmers. She also swims for Derbyshire and has competed at National level.

Foremarke Course 1 : 25th—29th July

Foremarke Course 2 : 8th —12th Aug

LEVEL 1 - Beginners—1.45 pm daily for 1 hour

Aimed at the younger swimmer (approx 5—8 yrs) who can swim but wish to improve their stroke technique and confidence

LEVEL 2 - Intermediate —2.45 pm daily for 1 hour

This course will cover all strokes, diving techniques and water safety skills

LEVEL 3 - Advanced/competitive —3.45 pm daily for 1 hour

Coaching in all four competitive strokes plus starts and turns

Cost : £50 per course at all levels

TERMS AND CONDITIONS FOR ALL COURSES

- 1. Full payment should accompany the booking form—you will be advised immediately if the course is fully booked and, where possible, offered an alternative. If no alternative is available, your payment will be returned in full.*
- 2. Cancellation of your booking within 10 working days of the course start date will result in the loss of your fee.*
- 3. The student may be excluded from the course if, in our opinion, his/her presence is detrimental to the happiness or well being of other students, in which case no refund will be given.*
- 4. RSE Ltd accepts no responsibility for injury or damage to persons or property.*
- 5. If RSE Ltd has to cancel the course we will reimburse any monies you have paid.*
- 6. An emergency contact number must be provided for all students before the course starts to ensure we are able to handle any emergencies involving your child during the course.*
- 7. If a student shows any signs of being unwell whilst participating in a course at Repton School or Foremarke Hall, RSE Ltd staff will notify the emergency contact named on the Consent and Medical form.*
- 8. Payment is regarded as acceptance of these terms and conditions.*