

Swimming and Life-guarding at Repton and Foremarke Summer 2010

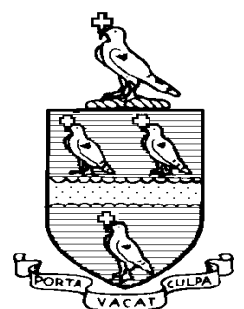


**Repton School Enterprises Ltd, The Business Centre,
1 High Street, Repton, Derbyshire DE65 6GD**

Tel: 01283 559322

e-mail: enterprise@repton.org.uk

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



SWIM/LIFE-GUARDING 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 (if student is under 18)

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 (if 18 or over, please complete contact details above)

Family Name _____ Forename _____

Date of Birth _____ Gender Male / Female

School (if applicable) _____

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 Swim Course (2—6 Aug)
Foremarke Swim 1 (2—6 Aug) Foremarke Swim 2 (9—13 Aug)

Please state level for swim courses (see page 3)

Repton Life-Guarding Course

Cheques should be payable to Repton School Enterprises Ltd.

Signature

Name (in caps)

Date

Repton Enterprises Ltd will run several swimming and life-guarding courses at Repton and Foremarke pools this summer. Courses are open to anyone satisfying the age or standard criteria. These courses get very booked up so early application is recommended.

Swimming Courses—Repton Pool

We are again running our popular swimming courses taught by Jo Latham.
Repton Swim Course 1 : 2nd—6th August

LEVEL 1 - Non Swimmer—8.30 am daily for 30 minutes

Introduces complete beginners to the water, developing confidence and ease in water. Involves informal play in water, moving around freely, submerging and opening the eyes, floating, and using the arms and legs to travel through water.

LEVEL 2 - Beginner—9.00 am daily for 30 minutes

Aims to build a sound foundation in those aspects of 'watermanship' which later underpin sound swimming technique. These include becoming completely 'at home' on and under the water, developing control in water, breathing and experimenting with different methods of using the limbs for propulsion.

LEVEL 3 - Improver 1— 9.30 am daily for 30 minutes

Aims to build competence in the basic elements of propulsion, using the main swimming strokes with emphasis on the importance of good streamlining and breathing control. Introduces sculling, treading water and swimming underwater.

INTERMEDIATE / ADVANCED—10.15 am daily for 45 minutes

This level has been designed specifically to lay the foundation required to prepare young swimmers to take part in the developmental coaching and training programmes run by swimming clubs in preparation for taking part in competitive swimming.

Cost : £30 per course for Levels 1—3; £36 for Intermediate/Advanced

Swimming Courses—Foremarke Hall Pool, Milton

...and we again welcome back Alan Hawkins, Chief Coach at Foremarke and Repton Schools for his ever-popular courses at Foremarke.

Foremarke Course 1 : 2nd—6th August

Foremarke Course 2 : 9th—13th August

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 : £45 per course at all levels

Life-Guarding Course—Repton (19th – 23rd July)

Train to become a pool life-guard. Gain the qualification which will enable you to earn a living through your hobby by working as a pool life-guard.

- during your gap year—anywhere in the world
- during term-time fitting around your studies
- during school or university holidays
- a great introduction to a career in the leisure industry
- a crucial service to the public

The course enable students to learn the theory and practice of life-guarding—with the exam at the end giving you the chance to complete and gain this valuable qualification within a week

Qualifying age and standard

In order to take this course you must be:-

- At least 16 years old at the start of the course
- A competent swimmer who must be able to:-
 - Jump/dive into deep water
 - Swim 50m in less than one minute
 - Dive to a depth of 2.0 meters
 - Tread water for 30 seconds



19th—23rd July 9am to 5.30pm daily. All aspects of the National Pool Lifeguard Qualification will be covered and practiced

24th July 9am to 1pm Exam day

LIMITED PLACES AVAILABLE!

Places will be offered on a “first come, first served” basis

Cost : £200 per person inclusive of exam fee

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 under 18 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 at Repton School, 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.*