You can now apply via our website: www.dcu.ie/dcusport

Current Term Participants
Booking opens the 5th June for participants on Term 5.
Places are not guaranteed so book early to secure a place.
First come, first served.

Beginners and Improvers
7 Week Course
Saturday 9th Sept *NEW* 10.20-11.05am or 11.05-11.50am
Monday 11th Sept 3.30-4.15pm or 4.20-5.05pm
Tuesday 12th Sept 3.30-4.15pm or 4.20-5.05pm
Thursday 14th Sept 4.20-5.05pm or 5.10-5.55pm
Members: €77
Non-members: €112

Beginners 1 & 2 - This class builds children’s confidence by learning fundamentals including floating, breathing and basic safety. To progress to Improvers children will need to be able to put their face in the water and swim 25m continuously front and back with no board.

Improvers 1 & 2 - Children will work on body position, technique and breathing in front crawl and back crawl. They will be introduced to breast stroke and butterfly in Improver’s 2. To progress to Swim Squad children must be able to swim 100m in <3 minutes.

New / Returning Participants
Booking opens for participants (not on the current term) the 25th June.

Swim Squad
7 Week course
Saturday 9th Sept *NEW* 8.45am-9.30am or 9.30am-10.15am
Wednesday 13th Sept 4.20pm-5.05pm
Thursday 14th Sept 3.30-4.15pm
Members: €77
Non-members: €112

Will help develop and refine all four strokes, build strength, stamina, endurance and will also work on improving diving, timing and tumble turning. Pre-requisites - all swimmers must be able to swim 100m in <3 minutes in 2 of the 4 strokes.

No phones allowed in Pool area.

Code of Conduct -
1. DCU Sport’s Code of Conducts must be adhered to at all times.
2. All classes must be paid in full in advance to secure a place and swimmers can only attend classes they are booked into.
3. €5 discount available for additional siblings.
4. Lessons cater only for children from Junior Infants to 6th Class!
5. A spectator area is available for parents/guardians; phones cannot be used in this area.
6. Non-members will require a wrist band to avail of lockers and free car parking (during lessons). Wristbands are available to purchase from reception for €20.
7. Places are non-refundable at all times.
8. Places are transferable only with a doctor cert.
9. Management reserve the right to merge or withdraw classes from the timetable.
10. Participants must wear flip flops and have a pre-swim shower.
11. Swim hats are mandatory and are available for purchase at reception.
12. No belongings should be left in the family changing cubicles during lessons. Lockers are available.
13. Children must be collected from the pool deck at the end of the lesson.
14. Please do not bring your child to lessons if they are feeling unwell.
<table>
<thead>
<tr>
<th>Name</th>
<th>D.O.B / Age*</th>
<th>Class Day / Time</th>
<th>Level</th>
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<tbody>
<tr>
<td>Child 1</td>
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<td>Child 3</td>
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Parent/Guardian Name: ____________________________________________
Contact: ________________________________________________________
Address: _______________________________________________________
Email address: _________________________________________________
**Emergency Contact Name:** ______________________________________
**Emergency Contact Number:** ________________________________

Are you a member of DCU Sport: Yes ☐ No ☐

Does your child/children have any illnesses/allergies, injuries or learning difficulties that we should be aware of? Yes ☐ No ☐

If yes please describe: _____________________________________________

Is your child/children currently on any medication? Yes ☐ No ☐

If yes, please describe: ___________________________________________

I/We agree to the Code of Conduct outlined on the application form (see front) and that the details I/We have filled out are correct.

Parent/Guardian: ___________________________ Date: ___________________