Children’s Swim Lessons
Term 1
November - December 2017

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

Current Term Participants

Booking for Term 2 until the 29th October for participants on Term 1. Places are not guaranteed so book early to secure a place. First come, first served.

New / Returning Participants

Booking opens for participants (not on the current term) the 30th October.

Beginners and Improvers

6 Week Course
Saturday 4th November 10.20-11.05am or 11.05-11.50am
Monday 6th November 3.30-4.15pm or 4.20-5.05pm
Tuesday 7th November 3.30-4.15pm or 4.20-5.05pm
Thursday 9th November 4.20-5.05pm or 5.10-5.55pm
(Beginners only Thurs) 6.00pm

Members: €66
Non-members: €96

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 in 2 of the 4 strokes.

Swim Squad

6 Week course
Saturday 4th November 8.45am-9.30am or 9.30am-10.15am
Wednesday 8th November 4.00pm-4.45pm
Thursday 9th November 3.30-4.15pm

Members: €66
Non-members: €96

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 2</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: _______________