



# UPTON SWIM SCHOOL

*For learners or elite swimmers*

Upton Sports are delighted to be able to promote our new swimming lessons for the coming year run by our school swim staff outside of school hours. These lessons will help children aged 5 and over to learn to swim and increase their water confidence. As a community pool, we hope to price these lessons competitively and that the proximity of the school means that they are convenient for local pupils.

**Swim Lessons operating until Christmas are:**

- **Learn to Swim:** These sessions are suitable for children new to swimming or for young children. Children develop water confidence and basic stroke technique aiming to swim 25m. These lessons are run at a ratio of 1:8
- **Improving Swimmer:** These sessions are suitable for children who can already swim approx. 15-25m using basic technique and want to improve. These lessons are run at a ratio of 1:12
- **Elite Swimmer:** These lessons are for pupils who can **comfortably** swim 25m and who aim to improve their swimming to a higher level These lessons are run at a ratio of 1:12

Lessons last 25 minutes to allow time for safe collection. Lessons take place during term-time only and so can only be booked in 10 week blocks at a cost of £50 for ten lessons which must be paid upon application. Please make any cheques payable to 'Upton Junior School'.

The dates of these lessons are below:

<b>Mondays</b>	October: 2 <sup>nd</sup> ; 9 <sup>th</sup> ; 16 <sup>th</sup> , November: 6 <sup>th</sup> ; 13 <sup>th</sup> ; 20 <sup>th</sup> ; 27 <sup>th</sup> December: 4 <sup>th</sup> ; 11 <sup>th</sup> ; 18 <sup>th</sup>
<b>Wednesdays</b>	October: 4 <sup>th</sup> ; 11 <sup>th</sup> ; 18 <sup>th</sup> November: 1 <sup>st</sup> ; 8 <sup>th</sup> ; 15 <sup>th</sup> ; 22 <sup>nd</sup> ; 29 <sup>th</sup> December: 6 <sup>th</sup> ; 13 <sup>th</sup>

**Children need the following items for the swim clubs:**

- Suitable swimming costume and towel;
- Goggles; Swim hat;
- Any relevant medication;
- Completed registration form

# Upton Swimming Lessons Registration sheet

*Please return to the school office marked 'Swimming Lessons, Mr Tift'*

<i>Please select required session</i>					
<b>Mondays</b>		<i>Please tick</i>	<b>Wednesdays</b>		<i>Please tick</i>
<i>Learn to Swim</i>	3.30pm-3.55pm		<i>Learn to Swim</i>	3.30pm-3.55pm	
<i>Learn to Swim</i>	4pm-4.25pm		<i>Learn to Swim</i>	4pm-4.25pm	
<i>Improving Swimmer</i>	4.30pm-4.55pm		<i>Improving Swimmer</i>	4.30pm-4.55pm	
<i>Elite Swimmer</i>	4.30pm-4.55pm		<i>Elite Swimmer</i>	4.30pm-4.55pm	

I give my permission for my child ..... (child's name) to take part in the swimming lessons at Upton Junior School detailed above

I also agree to the person in charge of the party giving permission, on my behalf, for an anaesthetic to be administered and any other medical treatment given should the necessity arise and I am not present.

Signed ..... Parent/Guardian      Print Name.....

I have included payment of £50 with this application      Yes/No

Please detail all medical information that is of relevance for your child:

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Main Contact Number: ..... (confirmation will be sent via text)

Emergency Contact Numbers

1).....

2).....

**Sharing key information:** Is there anything else you would like our coaches to know about your child's needs?

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*The Upton swim school follows the Swim England Awards Scheme and achievement badges and certificates can be purchased for a small additional cost*

Key Contact: scott.tift@uptonjunior.com