

Summer Swim 2022 - Application Form *(Please complete all details below, clearly)*

Swimmer One: First Name: _____ **Surname:** _____ **Date of Birth:** _____ M/F (circle)

Medical conditions/disabilities (we need to be aware of): _____

Swim awards passed: _____ Pool/Organisation already attending (if any): _____

Swimmer Two: First Name: _____ **Surname:** _____ **Date of Birth:** _____ M/F (circle)

Medical conditions/disabilities (we need to be aware of): _____

Swim awards passed: _____ Pool/Organisation already attending (if any): _____

Home Address: _____

Postcode: _____ Telephone number: _____

Mobile number: _____ Email address: _____

Where did you hear about the course? _____

If leaflet from school, then which school? _____

Please tick the week and time you request for a 5 Day course:

Heartsease Primary Academy

- 9.00am - Beginners
- 9.30am - Improvers
- 10.00am - Beginners
- 10.30am - Beginners
- 11.00am - Improvers
- 11.30am - Beginners

Week 1	
Mon 25 th – Fri 29 th Jul	

Heartsease Primary Academy

- 9.00am - Beginners
- 9.30am - Improvers
- 10.00am - Beginners
- 10.30am - Beginners
- 11.00am - Improvers
- 11.30am - Beginners

Week 2	
Mon 1 st – Fri 5 th Aug	

Drayton Junior School

- 12.00pm Beginners
- 12.30pm Improvers
- 13.00pm Beginners
- 13.30pm Beginners

Week 2	
Mon 1 st – Fri 5 th Aug	

Heartsease Primary Academy

- 9.00am - Beginners
- 9.30am - Improvers
- 10.00am - Beginners
- 10.30am - Beginners
- 11.00am - Improvers
- 11.30am - Beginners

Week 3	
Mon 8 th – Fri 12 th Aug	

Heartsease Primary Academy

- 9.00am - Beginners
- 9.30am - Improvers
- 10.00am - Beginners
- 10.30am - Beginners
- 11.00am - Improvers
- 11.30am - Beginners

Week 4	
Mon 15 th – Fri 19 th Aug	

Price and details for our week long courses above:

£35 for one week (5 days). All prices are per swimmer. All courses run Monday to Friday. All lessons are 30 mins long.

Norwich Swan Swimming Club

Summer Swim 2022

Additional ad hoc Summer Saturday Lessons (Norwich High School for Girls only): *(Please tick)*

Time/Standard	Sat 30 th July	Sun 31 st July	Sun 7 th Aug	Sat 13 th Aug	Sun 21 st Aug
12.00 Beginners (stage 1-2)					
1.00pm Beginners (stage 1-2)				n/a	
1.30pm Beginners (stage 1-2)	n/a	n/a	n/a		n/a
12.30pm Beginners Plus (stage 3-4)					
1.00pm Improvers (stage 4-6)	n/a	n/a	n/a		n/a
1.30pm Improvers (stage 4-6)				n/a	
2.00pm Improvers (stage 4-6)	n/a	n/a	n/a	n/a	n/a
12.00 - Introduction to Deep water		n/a			
12.30pm – Introduction to diving		n/a			
1.00pm - Lifesaving		n/a			

Course information for ad hoc summer Saturday lessons:

- Lessons can be booked for individual Saturdays and Sundays during July and August at Norwich High School for Girls (NHSG)
- All lessons are 30 min long
- **Ad hoc lessons cost £7 per lesson/per child**
- Beginners: stage 1-2, shallow water not yet swum 5m
- Beginners Plus: stage 3-4, mid depth water can swim 5m
- Improvers stage 4-6, confident in deep water
- Diving and Lifesaving lessons are suitable for stage 4+ if confident in deep water

Full payment must be made prior to attending any Summer Swim Course to guarantee your place. **(Payment is non-refundable unless the course has to be cancelled by Norwich Swan.)**

*Please complete this form, detach it and email a scan/photo of your completed form to membership@norwichswansc.co.uk Please ensure you provide a phone number so we can call you, if required, to take a card payment to secure your place.

Payment is by card only. Once we receive your form, we will phone you to take payment or set you up an account on the Swan website where you will be able to book onto the course and pay by card yourself.

I agree to the terms and conditions as published on this form and on the Norwich Swan website:

Parent/Guardian Name: _____ **Parent/Guardian Signature:** _____ **Date:** _____
(please print clearly)



Norwich Swan Swimming Club

Summer Swim 2022

Swan Summer Swim Courses are suitable for children aged 4 years and over. The intensive courses are an ideal opportunity for children to top up their skills or start learning to swim during the school holidays in a fun and safe environment.

All of our lessons are taught by Swim England qualified swimming teachers and are based on the national plan for teaching Swimming as recommended by Swim England. As per Swim England guidelines, all involved adults have a current DBS check and safeguarding training.

The week long lessons are £35 for a 5-day course. (Prices are per swimmer. The lessons cannot be split between siblings etc). **Bookings are non-refundable unless the course has to be cancelled by Norwich Swan.**

Week 1- Monday 25th July to Friday 29th July

Week 2 – Monday 1st August to Friday 5th August

Week 3 – Monday 8th August to Friday 12th August

Week 4 – Monday 15th August to Friday 19th August

Venues are:

- Drayton Junior School, School Road, Drayton, Norwich, NR8 6EF
- Heartsease Primary Academy, Rider Haggard Road, Norwich, NR7 9UE
- * Norwich High School for Girls (NHSG), 95 Newmarket Road, Norwich, NR2 2HU (**Saturday ad hoc lessons only.*)

5 day Course Information:

- Beginners range from no swimming ability up to 10m swimming (stages 1-3).
- Improvers (working on stages 4-6) can swim at least 10m on front & back or have passed stage 3.
- Beginners will swim widths; Improvers will swim lengths.
- All lessons are 30 minutes long.

Changing Rooms:

Use of the changing rooms will depend on COVID rules at the time of the course.

Where changing rooms are being used: If a child is of an age where help is required from a parent, then the parent/guardian must use the correct changing room for their own gender and their child should accompany them. Once children are aged 8, we expect them to change unassisted without parents in the changing rooms. This is for the privacy of older children who may feel uncomfortable with adults present.

If a child requires additional specific assistance this should be addressed with the teacher at the start of the course. Please refrain from taking any photographs in the pool and changing areas. Mobile phones should remain in bags or pockets or have the camera function disabled.

Booking a Place:

Places are sought after so book early to avoid disappointment. Booking details are on the application form overleaf. To speak to a teacher about the course, please call Michael Stowers on 01603 478315 or email: michael.stowers@live.co.uk

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*Please note we will use the data supplied on your application form for course administration and payment purposes. Your data is secure and will not be shared with any third parties. Your data will only be used as outlined in our club privacy policy found on our website: www.norwichswansc.co.uk



Term Time Swimming Lessons

Norwich Swan Swimming Club

Continue your child's swimming journey with us during term time at all these times and venues:

Monday

- Thorpe St Andrew High 5.00-7.30pm

Tuesday

- Drayton Junior 4.30-7.30pm
- Heartsease Primary 4.00-7.30pm
- Sprowston High 4.30-7.30pm

Wednesday

- Hetherset Junior 5.00-8.00pm
- Broadland High 5.00-7.30pm
- Thorpe St Andrew High 5.00-6.30pm

Thursday

- Heartsease Primary 4.00-7.30pm
- Colman Junior 4.30-8.00pm

Friday

- Sprowston High 5.00-8.00pm

Saturday

- Broadland High 9.00-12.30pm
- Heartsease Primary 9.00-12.00pm
- Heartsease Primary 1.00-4.00pm
- Norwich High School for Girls 12.00-2.30pm

Sunday

- Heartsease Primary 9.00-12.00pm
- Norwich High School for Girls 12.00-2.30pm

One to One Lessons

Various

All lessons are 30 mins long. Price available on enquiry.

To book term time lessons:

Contact Mrs Christine Bedder on 01603 986161

Email: tsenquiriesnssc@gmail.com or visit: www.norwichswansc.co.uk