

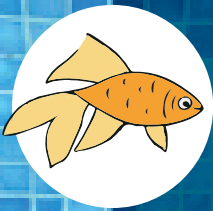
FLIPPERS" SWIM SCHOOL

A swim lessons
programme at
Valley Leisure
Centre for
swimmers aged
5 and over



OCTOPUS (AGE 5+)

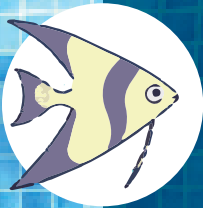
For new swimmers



GOLDFISH

Able to swim 5m front crawl and backstroke
without swim aids (width of small pool)

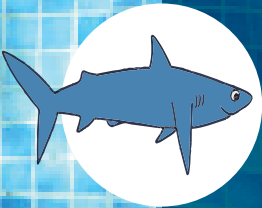
Attempting breaststroke



ANGELFISH

Able to swim 15m front crawl and backstroke

5m breaststroke and tread water without
swim aids



SHARK

Able to swim 25m front crawl and
backstroke (1 length of large pool)

20m breaststroke and tread water

OTHER CLASSES: ADULT BEGINNERS ≈ ADULT IMPROVER ≈ NPLQ ≈ LITTLE STARS

Introductory swimming crash courses for children are offered during holiday periods
(subject to demand). For more information visit antrimandnewtownabbey.gov.uk

ENROLMENT FORM ~ ~ ~ ~ ~

Please complete one form per applicant. When places become available, you will be notified by letter. Once registered, you will not have to re-register for each session. Please ensure that contact information is up-to-date; details can be updated at Valley Leisure Centre.

PLEASE COMPLETE FORM IN BLOCK CAPITAL LETTERS

Male Female Applicant's Forename: _____ Surname: _____

D.O.B: _____ Address: _____

Postcode: _____

Home Tel. No.: _____ Mobile No.: _____

Email Address: _____

COURSE APPLIED FOR (please tick)

Children's Beginners	<input type="checkbox"/>	Little Stars	<input type="checkbox"/>	NPLQ	<input type="checkbox"/>
Children's Improvers	<input type="checkbox"/>	Adult Beginners	<input type="checkbox"/>		
Children's Crash Course	<input type="checkbox"/>	Adult Improvers	<input type="checkbox"/>		

PLEASE SPECIFY WHICH DAYS SUIT YOU (cannot be guaranteed)

Monday Tuesday Wednesday Thursday Saturday

MEDICAL STATEMENT: DOES THE APPLICANT SUFFER FROM ANY OF THE FOLLOWING? (please tick all relevant boxes)

Any major illness Blackouts Headaches Migraine Dizziness
Allergies to bites / Food / Medicine Asthma / Bronchial Illness
Back / Neck Complaints Dyspraxia ADHD Recent injuries / operation
Epilepsy Diabetes Heart complaints Autism

Details of above, other conditions and medication: _____

TERMS & CONDITIONS:

1. First Aid will be administered if deemed necessary. 2. Organisers reserve the right to cancel classes at short notice. 3. Organisers reserve the right to request participants to leave the class if their behaviour is likely to endanger the safety of others or themselves. 4. All participants take part at their own risk and no liability whatsoever shall be attached to Antrim Borough Council, its servants, agents or employees in respect of personal loss or damage, however caused, as a result of negligence of the participants or agents. 5. Applicants retain the responsibility of ensuring that contact information is kept up-to-date. Organisers hold no responsibility regarding loss of lesson allocation due to incorrect or out of date information being provided.

I HAVE READ AND AGREE TO THE TERMS AND CONDITIONS:

Name: (please print) _____

Relationship to applicant: (if applicable) _____

Signature: _____ Date: _____

Return forms to: Swimming Co-ordinator, Valley Leisure Centre, 40 Church Road, Newtownabbey, BT36 7LJ. For more information T: 028 9034 0248
pat.gault@antrimandnewtownabbey.gov.uk