Oxley Sports Centre

SHERBORNE GIRLS

SWIM ACADEMY

Bradford Road, Sherborne, Dorset DT9 3DA
T. 01935 818270 E. h.crewe@oxleysc.com
www.oxleysc.com

What is Swim Academy?

When do lessons take place?
Swim academy is run over 2 days. There are wetside and dryside activities throughout the day. The pool activities will incorporate stamina building; speed work and breaking down each stroke.

In the afternoon, the time spent in the pool will be skill based swimming including diving, tumbles turns, team games and mini races.

The other parts of the day will be filled with team games; there will also be a swimming based quiz during the day for the children to show off their knowledge of all the different strokes and information they have learnt throughout the day.

Requirements
You need to be stage 5 or above, and confident with swimming lengths over a period of time.

What do I need?
You will need comfortable clothes, shorts/t-shirts, 2 swimming costumes/ trunks, hat and goggles, towel, jumper/hoodie to keep yourselves warm, water bottles and money for the coffee pod if you wish for extra snacks. Included in the price will be a packed lunch with drink. You can order either a t-shirt or hoodie at reception for an extra cost if you wish.

For more information please contact Heather Crewe
Email: h.crewe@oxleysc.com • Tel: 01935 818270
www.oxleysc.com

Medical ...

Doctors Name _____

Surgery _____

Surgery Telephone _____

Please circle **Yes** or **No**

1: Does your child suffer/suffered from heart problems, circulatory problems, blood pressure problems or joint/movement problems? **Yes** **No**
2. Has your child had recent surgery? **Yes** **No**
3. Currently being prescribed medication? **Yes** **No**
4. Recently finished a course of medication? **Yes** **No**
5. Diabetes? **Yes** **No**
6. Asthma or breathing problems? **Yes** **No**
7. Do you give permission for us to administer first aid if needed **Yes** **No**
8. If there are any other reasons that may prevent your child from participating in regular exercise, please provide details

_____

Is your child disabled? **Yes** **No**

(if yes, please tick which of the following apply)

Visual Impairment ☐

Learning disability ☐

Hearing impairment ☐

Physical impairment ☐

Health/other ☐

Declaration

I have answered all questions in this form honestly and I am aware that if I have answered yes to any of the questions I will need to consult my GP before my children commence the courses. If my child is affected by any of the questions mentioned in this form at a later date I agree to approach a member of staff and update the centre on any changes in health or fitness.

Signed: _____ Date: _____

Swim Academy Booking Form

Name _____

Address _____

_____

_____

_____

Postcode _____ Date of Birth _____ Age_____

Tel _____ Email _____

Emergency Contact Name _____

Emergency Tel _____

Where did you hear about us? _____

Please tick the appropriate box below:

1 day £35 ☐ 2 day £60 ☐ 1 day + Hoodie £50 ☐ 2 days + Hoodie £75 ☐

Please circle which colour hoodie you would like: Red or Blue

Please circle hoodie size: 9-11 12-13 XS (34") S (36") M (40")

Name on the back of hoodie (Additional £6):

_____

Please make cheques payable to "Sherborne Sport and Leisure Limited"
Payment will be taken at time of booking

Photography Permission Form

I give permission for photographs to be taken of my child(ren) to be used by the sports centre for marketing purposes.

Signed _____ Date_____

OFFICE USE

Paid _____ Date _____ Receptionist_____-_____ Booked onto plus _____