UNIVERSITY OF DUNDEE

the pool@ise

learn-to-swim programme

january - june 2012

name……

address ……

……

age……..…date of birth ……..……..……

home tel no ……..……

emergency contact no ……..……..……

email ……..……

ise membership number (if applicable)……..……

name of person(s) collecting child ……

any special circumstances we should know about (e.g. asthma, allergies, behaviour)……..……..……

……..……

parental consent

please read the following information carefully:

- i consent to my child participating in the courses indicated and i acknowledge my child is medically fit to participate.
- i agree to the **ise** staff administering basic first aid if required.
- i understand the university swimming pool temperature is maintained at 29 degrees for all aqua activities.
- i acknowledge my child should be accompanied /collected to & from the appropriate changing area - if requiring assistance.
- i understand that i am not permitted on poolside.

parents/guardians name ……..……..

parents/guardians signature ……..……

for further information or queries/suggestions regarding aqua courses, please contact:
Stuart Kidd • swimming programme coordinator
tel • (01382) 381001/384122 • email • s.z.kidd@dundee.ac.uk
www.dundee.ac.uk/ise

for children aged 5-13 yrs • **classes are for 30mins (unless stated)**

to ensure the class starts on time, parents are asked to ensure their child is on poolside 5 minutes before the start

please tick the appropriate box(es) for the course(s) you wish to apply for.

white • 1 week intensive courses | **purple • 2 week intensive courses**

no.	course	time	date	member	non-member
daily courses (monday - friday)					
26	child beginner 1	**4.20pm**	30 jan-3 feb	£16.50 ☐	£20 ☐
27	child beginner 1	**4.20pm**	6-10 feb	£16.50 ☐	£20 ☐
28	child beginner 2	**4.20pm**	13-17 feb	£16.50 ☐	£20 ☐
29	child beginner 1	**4.20pm**	20-24 feb	£16.50 ☐	£20 ☐
30	child beginner 2	**4.20pm**	20-24 feb	£16.50 ☐	£20 ☐
31	child beginner 1	**4.20pm**	27 feb-2 mar	£16.50 ☐	£20 ☐
32	child improver	**4.20pm**	27 feb-2 mar	£16.50 ☐	£20 ☐
33	child beginner 1	**4.20pm**	5-9 mar	£16.50 ☐	£20 ☐
34	child beginner 2	**4.20pm**	5-9 mar	£16.50 ☐	£20 ☐
35	child intermediate	**4.20pm**	12-16 mar	£16.50 ☐	£20 ☐
36	child beginner 1	**4.20pm**	19-23 mar	£16.50 ☐	£20 ☐
37	child beginner 2	**4.20pm**	19-23 mar	£16.50 ☐	£20 ☐
38	child beginner 1	**4.20pm**	26 mar-6 apr	£32.50 ☐	£40 ☐
39	child beginner 2	**4.20pm**	26 mar-6 apr	£32.50 ☐	£40 ☐
40	child beginner 1	**4.20pm**	9-20 apr	£32.50 ☐	£40 ☐
41	child improver	**4.20pm**	9-20 apr	£32.50 ☐	£40 ☐
42	child beginner 1	**4.20pm**	23-27 apr	£16.50 ☐	£20 ☐
43	child beginner 2	**4.20pm**	23-27 apr	£16.50 ☐	£20 ☐
44	child beginner 1	**4.20pm**	30 apr-4 may	£16.50 ☐	£20 ☐
45	child beginner 2	**4.20pm**	30 apr-4 may	£16.50 ☐	£20 ☐
46	child beginner 1	**4.20pm**	7-11 may	£16.50 ☐	£20 ☐
47	child improver	**4.20pm**	7-11 may	£16.50 ☐	£20 ☐
48	child beginner 1	**4.20pm**	14-25 may	£32.50 ☐	£40 ☐
49	child beginner 2	**4.20pm**	14-25 may	£32.50 ☐	£40 ☐

(2 week intensive courses includes badge and certificate)

ise

learn to swim programme

teaching people to swim for over 30 years

spaces & cancellation

- due to demand, spaces are filled on a first-come-first basis
- if you are unsuccessful in gaining a place on a course, **ise** will offer you an alternative course/return your cheque
- you will be notified if a course is not running 3 days prior to start
- in the event of injury or illness, an alternative course will be offered

no.	course	time	date	member	non-member
weekly saturday courses (5 week course)					
50	child beginner 1	10.00am	28 jan-25 feb	£16.50 ☐	£20 ☐
51	child beginner 2	10.00am	28 jan-25 feb	£16.50 ☐	£20 ☐
52	child improver	10.00am	28 jan-25 feb	£16.50 ☐	£20 ☐
53	aqua action	10.30am -11:30am	28 jan-25 feb	£20 ☐	£24 ☐
54	child beginner 1	10.00am	3 mar-31 mar	£16.50 ☐	£20 ☐
55	child beginner 2	10.00am	3 mar-31 mar	£16.50 ☐	£20 ☐
56	child improver	10.00am	3 mar-31 mar	£16.50 ☐	£20 ☐
57	child beginner 1	10.30am	3 mar-31 mar	£16.50 ☐	£20 ☐
58	child beginner 2	10.30am	3 mar-31 mar	£16.50 ☐	£20 ☐
59	adult beginner	11.00am	3 mar-31 mar	£18 ☐	£22 ☐
60	adult improver	11.00am	3 mar-31 mar	£18 ☐	£22 ☐
61	child beginner 1	10.00am	7 apr-5 may	£16.50 ☐	£20 ☐
62	child beginner 2	10.00am	7 apr-5 may	£16.50 ☐	£20 ☐
63	aqua action	10.30am -11:30am	7 apr-5 may	£20 ☐	£24 ☐
64	child beginner 1	10.00am	12 may-9 june	£16.50 ☐	£20 ☐
65	child beginner 2	10.00am	12 may-9 june	£16.50 ☐	£20 ☐
66	adult beginner	10.30am	12 may-9 june	£18 ☐	£22 ☐
67	adult improver	10.30am	12 may-9 june	£18 ☐	£22 ☐

no.	course	time	date	member	non-member
weekly sunday courses (5 week course)					
68	child beginner 1	10.00am	8 apr-6 may	£16.50 ☐	£20 ☐
69	child improver	10.00am	8 apr-6 may	£16.50 ☐	£20 ☐

total cost of courses: £ .....

(pay by cash, cheque or card at **ise** reception. If paying by cheque & posting application, payable to 'University of Dundee')

for further information on general access to **ise** pool visit:

www.dundee.ac.uk/ise

courses

if you are in any doubt of your child's ability please contact a swimming teacher at the pool.

beginner 1

for kids who cannot swim or can only manage a few strokes unaided. water confidence, flotation and core skills which underpin stroke development are taught. once children can swim unaided for a distance of 10m they can progress to Beginner 2.

beginner 2

for kids who have achieved their 10m distance badge or can swim 10m without armbands or other swim aid. development and co-ordination of leg and arm action are taught along with a wider range of aquatic skills.

improver

for kids who can swim 25m or more unaided and out of their depth. this stage involves further development of the major strokes with emphasis on timing and co-ordination of breathing and arm actions. more advanced aquatic skills are taught. when children can swim two recognised strokes and a minimum distance of 50m, they can advance to the intermediate class.

intermediate

for kids who can swim 50m unaided and out of their depth. this class is designed to offer a step up between the improver class and the aqua action. the focus will be swimming lengths to improve their swim fitness. other skills such as tumble turns, diving and treading water will be included.

aqua action

for children aged 6 and older, who can swim 100m doing a recognised stroke and are confident in deep water. in a 'club' type environment, this course provides opportunities to learn a variety of aquatic activities, including survival skills and diving. further development of endurance and stroke improvement is a focus of aqua action.

adult beginner

a great opportunity to finally learn a life long skill. water confidence, flotation and the fundamentals of successful swimming will be taught. participants will have the opportunity to make the breakthrough that will allow them to enjoy the many benefits and joys of swimming.

adult improver

for those who have learnt to swim without armband/floats, but require further assistance with stroke improvement, technique and breathing.

Office use: DATE / / TIME INITIALS

www.dundee.ac.uk/ise