

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 9am - 5pm. There are wetside and dryside activities throughout the day. The morning 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.

Activities include; team games, swimming based quiz, nutritional advice and videoing of their strokes.

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 a 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

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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 tick which colour and size hoodie you would like: Red Blue

7-8 yrs 9-10 yrs 11-12 yrs 13 yrs Small Medium

Name on the back of hoodie (£1 per letter):

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

Payment can be made by cash, card or cheque to secure your place.

Image Consent

I hereby give my permission for you to take photographs of my child to use on social Media and/or for marketing purposes.

Signed: _____ Date: _____