



TRINITY  
SPORTS CLUB

## Adult Intensive Swimming Lessons

Monday to Friday (unless stated otherwise) 8.30am to 9am all levels

- Under the direction of qualified ASA Teachers
- Small groups (no more than 8 per class)
- Exclusive use of the 25m swimming pool

- **Non Swimmer** - for those who are not confident in the water & need to learn the 3 main strokes.
- **Beginners/Improvers** - for those who can already swim a little, but wish to improve their co-ordination, breathing and swimming style.
- **Advanced** - for those who are already competent at swimming lengths, but want to improve their stamina & learn new skills e.g. diving and turns



### ADULT INTENSIVE 2018

Please tick the weeks you wish to attend and fill in the details required below:

<b>Easter week 1</b>	<b>Monday 8<sup>th</sup> April to Friday 12<sup>th</sup> April</b>	<b>40.00</b>
<b>Easter week 2</b>	<b>Monday 15<sup>th</sup> April to Thursday 18<sup>th</sup> April</b>	<b>32.00</b>
<b>May Half term</b>	<b>Tuesday 28<sup>th</sup> May to Friday 31<sup>st</sup> May</b>	<b>32.00</b>

Name: \_\_\_\_\_

Home telephone no: \_\_\_\_\_ Mobile: \_\_\_\_\_

Emergency contact no: \_\_\_\_\_

Address \_\_\_\_\_

Post Code: \_\_\_\_\_ Swimming Ability: \_\_\_\_\_

Medical conditions that may affect you swimming YES/NO. If yes, please give details:

\_\_\_\_\_

In order to reserve my place on the above Course I enclose a cheque for £ \_\_\_\_\_ made

payable to "J.W. Educational Ltd."

Signed: \_\_\_\_\_ Print Name: \_\_\_\_\_

Date: \_\_\_\_\_

Please complete this section and return (along with your remittance) to: "Intensive Swimming", Trinity Sports Club, Trinity School, Shirley Park, Croydon, CR9 7AT. Tel: 020 8662 5197.