

Dear Supporter,

Free Adult Diving Taster Sessions.

I am delighted to be able to offer you the opportunity to take part in a free half hour springboard/highboard diving lesson at the Quays.

Participants should be **aged over 18 years** and will need to be able to swim at least 25m unaided, to be confident in deep water and to be happy to swim without goggles.

Each session will last for 30 minutes and divers will be taught in groups of up to 8 by qualified instructors from the Southampton Diving Programme. The group is suitable for complete beginners through to those with some experience as an introduction to what the Programme has to offer.

Applicants who have previously been offered a place in a taster will only be considered if there are surplus places available.

The following sessions are available:

Tuesday 17th January at 12.30 – 1pm or 7 – 7.30pm

Wednesday 18th January at 8 – 8.30pm

Thursday 19th January at 2.30 – 3pm

I would be grateful if you could fill in the attached form and return it to The Quays as soon as possible (and **at least 48h before the chosen session**). Places will be filled on a first come first served basis. It is also possible to email the form back to us on the email address below.

If you have any questions about the scheme, please contact Annie on 023 8072 0922 / annie.clewlou@activenation.org.uk. We look forward to receiving your applications.

Yours sincerely
Lindsey Fraser
Diving Development Officer



APPLICATION FORM FOR ADULT DIVING TASTER SESSION

Name:..... Gender: Male/Female

Home Address:.....

..... Post code:.....

Tel:..... Email:..... Date of birth:.....

Preferred session (please number all possible in order of preference):

Tues 17/1/12 12.30 – 1pm ____ 7 - 7.30pm ____

Wed 18/1/12 8 - 8.30pm ____

Thu 19/1/12 2.30 – 3pm ____

Emergency telephone number at this time:.....

Medical information: Do you have any medical condition that the instructor should be aware of (eg asthma, allergies, epilepsy)? Please give details.

Are you taking any medication? Please give details.

If there is any other relevant information (eg learning difficulties, impaired hearing etc) that it would be useful for the instructor to know. Please give details.

I confirm that I am a competent swimmer and in good health.

Signed:..... Date:.....

PLEASE FILL IN ALL SECTIONS OF THIS FORM AND LET US KNOW IF ANY OF THIS INFORMATION CHANGES BEFORE THE SESSION. THANK YOU.

How did you hear about diving tasters.....