

**Learn to Swim to Dive.**

Would your child like to learn to dive, but can't yet swim 25m or is not confident in deep water?

We would like to invite your child to take part in a **"learn to swim to dive" crash course** during the half term holiday, which has been specifically set up for children wishing to become divers.

The aim is to get children to a swimming level that will allow them to begin diving lessons as quickly as possible. The group will be kept small and will be taught by an instructor who is also a diving coach.

Each session will last for 30 minutes and children will be given an opportunity to have a free diving "taster" when they are safe swimmers.

We are now able to offer the following course:

**Tue 25/10/11 – Fri 28/10/11, 9.15 – 9.45am daily**

**The course will cost £23.60 to cover the 4 sessions.** Payment must be made at the time of booking.

If your child is not available during the half term holiday to take advantage of this course we will be offering **a weekly session** as follows:

**Saturdays, 4 – 4.30pm**

Lessons will begin on Saturday 29<sup>th</sup> October and continue to Saturday 3<sup>rd</sup> December, excluding 5/11/11 and 26/11/11 (4 sessions). The cost for the course will be £23.60.

If you would like your child to take up one of these opportunities I would be grateful if you could fill in the attached form and return it to Annie Clewlow, at the address on the form as soon as possible and **at least 48h before the session**. Alternatively you can reserve your place by phoning reception on 023 8072 0900 and paying by card. Places will be filled on a first come first served basis and you will be contacted before the session to confirm your place.

If you have any questions about the scheme, please contact Annie or Millie on 023 8072 0922 / [annie.clewlow@activenation.org.uk](mailto:annie.clewlow@activenation.org.uk) / [melissa.harley@activenation.org.uk](mailto:melissa.harley@activenation.org.uk). We look forward to receiving your application.

Yours sincerely  
Lindsey Fraser  
Diving Development Officer

# APPLICATION FORM FOR "LEARN TO SWIM TO DIVE"

Course required (please tick):    Half term crash course     Weekly course

Name:..... Gender: Boy/Girl

Address:.....

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

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

Car registration: ..... Parent's name: .....  
(you may enter up to 2)

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

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

Is your child taking any medication? Please give details.

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

**I consider my child to be fit to take part in the activity.**

Signed:.....(Parent)    Date:.....

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

Return to: Annie Clewlow, The Quays Swimming and Diving Complex, 27, Harbour Parade, Southampton, SO15 1BA.  
Tel: 023 8072 0922 Email: [annie.clewlow@activenation.org.uk](mailto:annie.clewlow@activenation.org.uk)

**Method of payment** (please tick)

**Course fee: £23.60**

Cash  (Please pay at reception)    Cheque  (Payable to Active Nation UK Ltd)

Credit/Debit Card  (Please fill in details below and hand in at reception)

Charge my Visa/Mastercard/Switch/Delta\*

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Signature:..... Start date:..... Expiry date:.....

3 digit security no:.....  
(Final 3 numbers on signature strip on reverse of card)

\*Switchcard Version/Issue no:.....