

Dear Parents,

### **Free Diving Taster Sessions.**

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

Participants should be **aged between 6 and 13 years** for children's sessions or **aged between 14 and 17 years** for teenage sessions 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. Everyone who takes part in the scheme will receive a certificate of participation.

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

For divers **aged between 6 and 13 years** we are now able to offer sessions at the following times:

Monday 5<sup>th</sup> December at 6.30 – 7 or 7 – 7.30pm

Tuesday 6<sup>th</sup> December at 4 – 4.30 or 4.30 – 5 or 5 – 5.30 or 5.30 – 6pm

Wednesday 7<sup>th</sup> December at 4 – 4.30 or 4.30 – 5pm or 5 – 5.30 or 5.30 – 6pm

Thursday 8<sup>th</sup> December at 4 – 4.30 or 4.30 – 5pm

Friday 9<sup>th</sup> December at 4 – 4.30 or 4.30 – 5 or 5 – 5.30 or 5.30 – 6 or 6 – 6.30 or 6.30 – 7 or 7 – 7.30pm

Saturday 10<sup>th</sup> December at 8 – 8.30 or 8.30 – 9 or 9 – 9.30am or 9.30 – 10am

For divers **aged between 14 and 17 years** we are now able to offer sessions as follows:

Tuesday 6<sup>th</sup> December at 7.45 – 8.15pm

Wednesday 7<sup>th</sup> December at 7.45 – 8.15pm

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.clelow@activenation.org.uk](mailto:annie.clelow@activenation.org.uk). We look forward to receiving your applications.

Yours sincerely  
Lindsey Fraser  
Diving Development Officer

# APPLICATION FORM FOR FREE DIVING TASTER SESSION



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

Home Address:.....

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

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

Preferred sessions (in order of preference): .....

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

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

Is the participant 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 confirm that my son/daughter can swim at least 25m unaided and is confident in deep water. I consider him/her 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)

Please tell us where you heard about the tasters: .....