

To book your child's swimming lessons, please complete the below ticking the days and times you can make, detach and return to Jacky or the Youth Club team along with payment. Final class timetable will depend on children's ages and ability

Child's name: _____

Date of birth: _____

Child's membership no: _____

Mobile no: _____

Email: _____

Does your child have any relevant medical conditions/
disabilities/allergies? _____

Child's swimming ability

Beginner Confident 1 Confident 2

Swimmer 1 Swimmer 2 Swimmer 3

Swimmer 4

Children's classes

Preferred day/s

Mon Tues Wed Thur Fri Sat

Preferred time/s

WEEKDAY

0930 1000 1030 1100 1130 1200

1230 1300 1430 1500 1530 1600

1630 1700 1730 1800

SATURDAY

0900 0930 1000 1030 1100 1130

1200 1230 1300

Baby with adult classes & pre-school

Preferred day/s

Mon Tues Wed Thur Fri

Preferred time/s

WEEKDAY

0930 1000 1030 1100 1130 1200

1230 1300 1330 1400

Swimming

Spring term

4 January to 19 March 2016

Half term

Monday 15 February to
Sunday 21 February

foxhills.co.uk/youthclub

Foxhills



For children aged 3 years and older

Classes will depend on your child's ability. Levels are outlined below.

Beginner Not happy putting their face in the water or taking feet off the bottom of the pool

Confident 1 Will put their face in the water and blow bubbles; take feet off the bottom with assistance still using floating aids

Confident 2 Will put their face in the water; can float on front and back; paddle a few front strokes without aids

Swimmer 1 Swim at least 5m on front and back with over-arm action but no breathing technique

Swimmer 2 Swim one length of front crawl and backstroke; can do breaststroke and dolphin leg kick; breathing needs improvement

Swimmer 3 Swim at least two lengths of front crawl and backstroke with reasonably good technique. Breaststroke needs improvement

Swimmer 4 Can swim all four strokes well but needs fitness work or technique refinement

Classes last 30 minutes and run Mondays to Saturdays at various times between 9.30am and 7pm. Times vary each day. There is a maximum of four children per class for the those aged 3 years and older.

Baby and toddler classes

Teach your child the basics of swimming and water safety through play and exploration. These classes offer an education to children and a social activity for parents. A minimum of two people is required per class; classes may be grouped by age. Each class lasts 30 minutes, with times and days varying Monday to Friday from 9.30am to 2.30pm.

Your instructors

All teachers are A.S.A qualified and will teach front crawl and backstroke first, followed by breaststroke and butterfly for more advanced pupils.

Children 3 years plus - for 10 weeks

Members £105

Non-members £105 plus £30 surcharge payable to Foxhills

Baby or toddler with adult - for 10 weeks

Members £75

Non-members £75 plus £30 surcharge payable to Foxhills

Private lessons adults & children

Private lessons for one or two people can be arranged for adults or children.

30 minute lessons:

One-to-one: £22

Two-to-one: £13 per person

If you wish to arrange a private lesson please either fill in this form and leave it at the Youth Club Reception or contact Jacky Stone.

Name: _____

Contact no: _____

Membership number: _____

Preferred day and time for lessons: _____

Completed forms must be returned with proof of payment to the Youth Club; payment is non-refundable. Payment can be made by cheque (to J Stone) or BACS (account name J Stone; sort code 09-06-66; account number 42606104).

Non-members will need to pay £30 surcharge directly to Foxhills.

To book, contact Jacky Stone on
jacky.arnold@virgin.net
or call **07941 937 906**

Discover more about swimming classes at
facebook.com/jackystoneswimminglessons
or speak with the Youth Club team on your next visit