



**SWIM LESSONS 2016-2017
Term 1**

**APPLICATION FORM
PORTMARNOCK SPORTS
LEISURE CLUB**

NAME: _____

ADDRESS: _____

CHILDS AGE: _____

CLASS: **BEG / IMP / DEEP / ADV/ ADULT**
PLEASE CIRCE

DAY & TIME: _____ / _____

TELEPHONE: _____

MOBILE NO: _____

MEM. NO: _____

PAYMENT: _____

**NO REFUND WITHOUT
MEDICAL CERTIFICATE**

**Please advise us of any
medical conditions
or special requirements.**

- PLEASE COMPLETE A SEPARATE FORM FOR EACH CHILD
- YOU MAY ONLY BOOK FOR YOUR OWN CHILDREN.

PORTMARNOCK SPORTS AND LEISURE CLUB

JUNIOR SWIM LESSONS

12 WEEK TERM

Wednesday 14th September 2016 -
Saturday 10th December 2016

NO LESSONS 31st October - 6th November

WED 10.50am PARENT & TODDLER

Pay as you go class Mem: €6.50 Vis: €8.50

LESSONS

WED	11:25am - 12:00pm	PRE SCHOOL
	12:45am - 1:15pm	PRE SCHOOL
	1:15pm - 1:45pm	PRE SCHOOL
THUR	4:45pm - 5:25pm	BEG/IMP/DEEP
	5:25pm - 6:05pm	BEG/IMP/DEEP
	6:15pm - 6:55pm	ADVANCED 1
FRI	2:20pm - 3:00pm	BEG/IMP
	3:00pm - 3:40pm	BEG/IMP/DEEP
	3:40pm - 4:20pm	BEG/IMP/DEEP
	4:30pm - 5:10pm	BEG/IMP/DEEP
	5:15pm - 5:55pm	ADVANCED 1 & 2
SAT	10:00am - 10:40am	BEG/IMP/DEEP
	10:40am - 11:20am	BEG/IMP/DEEP
	11:20am - 12:00pm	BEG/IMP/DEEP
	12:00am - 12:40am	BEG/IMP
SUN	4:00pm - 4:40pm	BEG/IMP/DEEP

PRICE:	MEMBERS	€85
	NON MEMBERS	€105

***TEACHERS SHOULD NOT BE INTERRUPTED
DURING CLASS TIMES. FOR QUERIES PLEASE LEAVE
YOUR CONTACT DETAILS AT
RECEPTION AND THE SWIM TEACHER WILL CONTACT YOU.***

- Please advise teacher of any medical conditions which may affect pupils during swim.
- Class time or day may not be changed unless approved by a Teacher.
- Over 7's, please use appropriate changing room.
- Hats must be worn in the pool. They are available for purchase at reception.
- Pupils should bring their own armbands.

P.S.L.C. Blackwood Lane, Portmarnock, Co. Dublin. Ph: 846 2122, Fax: 846 1258, e-mail: info@pslc.ie
PLEASE DETACH APPLICATION FORM AND RETAIN THIS PORTION FOR YOUR FUTURE REFERENCE

ADULT SWIM LESSONS

12 WEEK TERM

Tuesday 13th September 2016 -
Wednesday 7th December 2016

NO LESSONS 31st October - 6th November

<u>DAY</u>	<u>TIME</u>	<u>CLASS</u>
TUE	8:00pm - 9:00 pm	BEG/IMP
WED	10:00am - 10:50am	BEG/IMP

PRICE:	MEMBERS	€105
	NON MEMBERS	€125

ATTENTION ALL LANE SWIMMERS

Every Tuesday and Thursday @ 10 am
and Tuesday @ 9pm

PAY AS YOU GO

New Class

- Pre School Class (2 - 4/5 years)
- Swim Lessons minimum age 5 years (OR must be attending school).
- All pupils will be assessed by teachers during the first and second week of their course, and grouped accordingly.
- Beginners classes (Dolphins) will be about learning fundamental movement skills, building overall motor skills, and comfort in the aquatic environment.
- Improvers lessons (Alligators) will aim to develop swimming skills.
- Deep end classes (Jets) & Advanced - works on fitness, all strokes/skills, and other water based activities.

PORTMARNOCK SPORTS AND LEISURE CLUB



SWIMMING LESSONS 2016-2017
 TERM 1 -
 13th SEPTEMBER - 10th DECEMBER 2016

12 WEEK TERM

MID TERM BREAK (Halloween) 31st October - 6th November

2016 - 2017

SWIM LESSONS

Term 1

<u>ABILITY</u>	<u>GROUP NAME</u>	<u>AWARD</u>
BEGINNERS	DOLPHINS	BADGE
IMPROVERS	ALLIGATORS 1	BADGE
	ALLIGATORS 2	BADGE
DEEP END	JETS	BADGE
	JETS	CERT 1
	JETS	CERT 2
	JETS	CERT 3
	JETS	DISTANCE AWARD
ADVANCED 1	SEALS	BRONZE AWARD
		SILVER AWARD
		GOLD AWARD
ADVANCED 2	ROOKIE	
	LIFEGUARD	ROOKIE LIFEGUARD CERT

IMPORTANT NOTICE TO ALL PARENTS OF CHILDREN PARTICIPATING IN SWIMMING LESSONS.

You are welcome to use the viewing gallery during swimming lessons,

BUT WE MUST STRESS

the importance of keeping all other children, who have accompanied you and who are in your care, in the viewing gallery with you.

Thank You

