

Course	Day	Start Date	Time	Please Tick
Starfish (Non-Swimmers)	Friday	28.04.17	16:00 - 16:30	
			16:30 - 17:00	
	Saturday	29.04.17	09:00 - 09:30	
			09:40 - 10:10	
			10:20 - 10:50	
Sea Horses (Beginners 1)	Friday	28.04.17	16:00 - 16:30	
			16:30 - 17:00	
	Saturday	29.04.17	09:00 - 09:30	
			09:40 - 10:10	
			10:20 - 10:50	
Sting Rays (Beginners 2)	Friday	28.04.17	16:00 - 16:30	
			16:30 - 17:00	
	Saturday	29.04.17	09:00 - 09:30	
			09:40 - 10:10	
			10:20 - 10:50	
Dolphins (Improvers 1)	Friday	28.04.17	17:00 - 17:30	
	Saturday	29.04.17	09:00 - 09:30	
			09:40 - 10:10	
			10:20 - 10:50	
Sharks (Improvers 2)	Friday	28.04.17	17:00 - 17:30	
			17:30 - 18:00	
	Saturday	29.04.17	09:00 - 09:30	
			09:40 - 10:10	
			10:20 - 10:50	
Jets (Advanced)	Friday	28.04.17	17:30 - 18:00	
	Saturday	29.04.17	09:00 - 09:30	
			09:40 - 10:10	
			10:20 - 10:50	
Waterbabies (4 mths — 4 yrs)	Saturday	29.04.17	11:00 - 11:40	
Ducklings (3 yrs - 4 yrs)	Saturday	29.04.17	11:50 - 12:20	
Ducklings (3 yrs - 4 yrs)	Saturday	29.04.17	12:30 - 13:00	
*Barracudas (Swim School)	Sunday	30.04.17	09:00 - 10:00	
*Rookie Lifeguard	Sunday	30.04.17	10:00 - 10:30	
**Swim Squad	Sunday	30.04.17	10:30 - 11:30	

*To enrol on these courses children must have completed ASA Levels 1 to 8

**This course is by invitation only

Further Information

- All courses must be booked in advance for the duration of the course
- Course fees will not be refunded unless the course is cancelled or rescheduled
- Courses will begin the week commencing 24 April 2017 and will run for 8 weeks. General enrolment begins on 20 April 2017 for those who are not currently enrolled on the Splash 'n' Swim Programme
- Queen's Sport aim to accommodate all applications although places will be allocated on a first come, first served basis. Places can not be reserved
- Enrolment can only be made in person at Queen's Sport reception. Telephone and email bookings will not be accepted
- Enrolments will only be confirmed upon receipt of payment and a completed enrolment form
- Queen's Sport Instructors are chosen to deliver the best activity programme. Instructors may be subject to change
- Whilst every effort has been made to ensure the accuracy of the programme, courses may be subject to change after publication
- Please feel free to ask any instructor questions or offer feedback directly. If you do not wish to give feedback directly, please complete a customer comment card, available at reception
- All children must be accompanied to their activity by an adult. No child should be in the facility without adult supervision outside activity time.
 - Parent/guardian must be present at the activity if the child is under 7.
- Please be aware that there will be no sessions for the break between 15 May 2017 and 22 May 2017. Courses finish the week commencing 19 June 2017.

Queen's Sport

Botanic Park

Belfast BT9 5EX

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E sport@qub.ac.uk

www.queenssport.com

'Splash n Swim' Programme



Queen's University
Belfast

**QUEEN'S
SPORT**



Splash 'n' Swim Enrolment Form Spring 2017

www.queenssport.com



the asa

Child's Details

Surname: _____
 First Name: _____
 Date of Birth: ____ / ____ / ____ Age: _____

Parent / Guardian Details

Membership No: _____
 Title: _____
 Surname: _____
 First Name: _____
 Address: _____

 Postcode:
 Home No:
 Mobile No:
 E-mail: _____

Student / Member	Non Member
Spring 17 - (8 wks) - £40 <input type="checkbox"/>	Spring 17 (8 wks) - £64 <input type="checkbox"/>

Total Payment: £ _____

Membership Packages

From £17 per month

Queen's Sport... More Than A Gym



Attainment Levels

PLEASE READ CAREFULLY

To ensure your child is correctly entered into the lessons please tick the skills below which your child can confidently attain. If your child cannot perform one of the skills they must be entered at the level below.

There will be an assessment of these skills at the first session. If your child is unable to perform these skills, there is no guarantee a place can be given at another level.

Starfish (Non Swimmers)

There are no pre-requisite skills required to enter this group

Sea Horses (Beginners 1)

Please Tick

Kick front and back for 5m

Push and glide in horizontal position to or from a wall

Stand up from lying on back and front, with support

Sting Rays (Beginners 2)

Please Tick

Swim 10m on front with head down

Blow bubbles with nose and mouth

Travel on back and front for 10m without float

Dolphins (Improvers 1)

Please Tick

Swim 25m of the pool on front and on back

Tread water in deep water

Kick breast stroke for 10m

Sharks (Improvers 2)

Please Tick

50m in front crawl, back stroke and breaststroke

25m Butterfly

Exit pool without steps in deep water

Jets (Advanced)

Please Tick

Forward somersault tucked in the water

Swim 100m of Back Stroke, Front Crawl, Breaststroke.
 Swim 50m Butterfly

Standing dive

Health Questionnaire

There are many benefits to be gained when children and young people exercise regularly. This questionnaire aims to identify your child's health status so that we can provide advice and avoid risk of injury or illness.

Please read the questions carefully and provide a correct answer. Where necessary please provide additional information.

	Yes	No
Has a doctor ever diagnosed your child with a heart condition?	<input type="checkbox"/>	<input type="checkbox"/>
Has your child recently had chest pains during or after exercise?	<input type="checkbox"/>	<input type="checkbox"/>
Does your child ever feel faint or have spells of severe dizziness?	<input type="checkbox"/>	<input type="checkbox"/>
Is your child currently receiving treatment or medication for high blood pressure?	<input type="checkbox"/>	<input type="checkbox"/>
Has your child broken any bones in the past 6 months?	<input type="checkbox"/>	<input type="checkbox"/>
Does your child suffer from any bone or joint problems which exercise may aggravate?	<input type="checkbox"/>	<input type="checkbox"/>
Does your child suffer from epilepsy or chronic asthma? Please specify below.	<input type="checkbox"/>	<input type="checkbox"/>
Is your child diabetic? If yes, is the diabetes type 1 or type 2? If applicable, please note the type below	<input type="checkbox"/>	<input type="checkbox"/>
Has your child undergone any recent surgery?	<input type="checkbox"/>	<input type="checkbox"/>
Is there any reason which has not been mentioned that may affect your child taking part in physical activities?	<input type="checkbox"/>	<input type="checkbox"/>

Additional Information _____

Parent / Guardian Declaration

I confirm that the above answers are correct to the best of my knowledge and belief. If there is change in my child's health I will inform Queen's Sport. I agree that my child will abide by the rule of Queen's Sport and follow instructions of staff at all times.

Signature _____ Date _____