

Courses

Course	Day	Time	Tick
Starfish (Non-Swimmers)	Friday	16:00 - 16:30	
		16:30 - 17:00	
		17:00 -17:30	
		17:30 -18:00	
	Saturday	09:00 - 09:30	
		09:40 - 10:10	
		10:20 - 10:50	
Seahorses (Beginners 1)	Friday	16:00 - 16:30	
		16:30 -17:00	
		17:00 -17:30	
	Saturday	09:00 - 09:30	
		09:40 - 10:10	
10:20 - 10:50			
Stingrays (Beginners 2)	Friday	16:00 - 16:30	
		16:30 - 17:00	
		17:30 - 18:00	
	Saturday	09:00 - 09:30	
		09:40 - 10:10	
10:20 - 10:50			
Dolphins (Improvers 1)	Friday	17:00 - 17:30	
	Saturday	09:00 - 09:30	
		09:40 - 10:10	
		10:20 - 10:50	
Sharks (Improvers 2)	Friday	17:00 - 17:30	
		17:30 - 18:00	
	Saturday	09:00 - 09:30	
		09:40 - 10:10	
10:20 - 10:50			
Jets (Advanced)	Friday	17:30 - 18:00	
	Saturday	09:00—09:30	
	Saturday	09:40 - 10:10	
Waterbabies (4 mths — 4 yrs)	Saturday	10:55 - 11:25	
		11:30 - 12:00	
Ducklings (3 yrs - 4 yrs)	Saturday	12:00 - 12:30	
Ducklings (3 yrs - 4 yrs)	Saturday	12:30 - 13:00	
*Barracudas (Swim School)	Sunday	09:00 - 09:45	
*Rookie Lifeguard	Sunday	09:45 - 10:30	
**Swim Squad	Sunday	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 children in Starfish and above must be at least 5 years of age from the start of the programme
- 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 run as a continuum programme with Mid Term Break –17th-19th February and Easter break from 31st March for 2 weeks—classes back from Friday 14th April 2023
- 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 as Queen's Sport require an original signature for the health questionnaire.
- 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.
- All children must be accompanied to their activity by an adult. No child should be in the facility without adult supervision outside activity time. **Adult must be present at activity if child is under 7.**

Queen's Sport

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QUEEN'S
UNIVERSITY
BELFAST

QUEEN'S
SPORT



Splash N Swim Enrolment Form

www.queenssport.com

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
£65 for 10 sessions <input type="checkbox"/>	£95 for 10 Sessions <input type="checkbox"/>

Total Payment: £ _____

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 on 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 back 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?	<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 _____

Data Protection

The information collected on this form is used by Queen's University Belfast in its provision of sport & recreation. This information will be kept for six years after your course has ended. Financial information relating to your course will also be kept for six years in accordance with regulations.

Internal Communications

Queen's Sport would like to keep you up to date with future courses and programmes. Full details of how we use our data and our Privacy Policy can be found online at www.queenssport.com or upon request.

If you wish to receive up to date information please tick this box: