



St Chris SwimSchool



## 'AQUABOOST' SESSIONS

Supercharge your swimming!

April: Mon 8<sup>th</sup> - Thur 11<sup>th</sup> April

To meet expressed interest for holiday season, we would like to offer all SwimSchool swimmers (and guests!) the chance of coming along to some our AQUABOOST sessions over the course of several days in the Easter holidays: you may book single or multiple sessions.

Each 30min session will be £10\*. Distances\*\* of 800m+ need two sessions (£20).

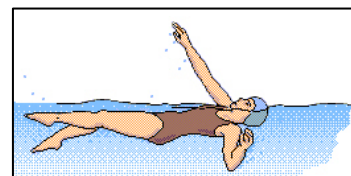
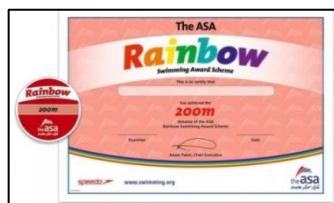
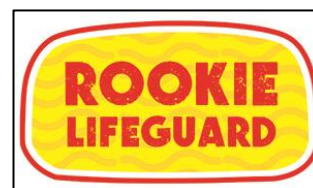
\*1:1 sessions are available at £25. 1:2 (swimmers must be at the same level) sessions are available at £17.50 per swimmer.

\*\*Distance badges of 200m+ need confirmation from the swimmer's teacher that they're ready for that assessment.

Any 5m-200m distance badges awarded are £4 extra.

400m+ badges will be included in the price of the session: it equates that there will be less 'teaching' but more 'direction' in that session.

### Some session ideas:



- **Swimming Level Top-Up** (building on current level of skills/strokes/confidence)
- **Distance Badge** (\*\*See above for 200m+ badges. When trying for distances of 200m or less, teachers will use remaining session time as a Swimming Level Top-Up)
- **Competitive Focus:** for example: racing starts (dives), turns, under water transitions
- **Rookie Lifeguard** (8yrs + and minimum Blue class: can be done as a block)
- **Adult sessions** (stroke improvement or confidence sessions)
- **1:1 or 1:2 swimming**

Please indicate on the Booking Form when you/your child would be able to attend a session and in which activity s/he would like to take part. We will then endeavour to meet everyone's preferences, though this cannot be guaranteed (including the teacher).

Please return the attached form (electronically) to [aquaboost@stchris.co.uk](mailto:aquaboost@stchris.co.uk) **no later than Saturday 23<sup>rd</sup> March 12 noon** so we can put the relevant logistics in place. (You can reply in an email just with the information if it proves tricky to complete the form and return it electronically!). Swimmers may be added after this date, but only to set session times...Sarah will not be able to access emails to add swimmers after 6<sup>th</sup> April.

**After a class is confirmed, payment will be required by Monday 1<sup>st</sup> April to secure your child's place...otherwise the teacher will not arrange to be there!**





**St Chris SwimSchool**  
**'AQUABOOST' SESSIONS**  
 Supercharge your swimming!



## EASTER 2019 BOOKING FORM

Please fill in the details and table below and email back to [aquaboost@stchris.co.uk](mailto:aquaboost@stchris.co.uk)

**Swimmer Name & age (& class colour if known):** \_\_\_\_\_

**Swimmer's usual lesson day, time & teacher:** \_\_\_\_\_

**Contact email address (for booking confirmation):** \_\_\_\_\_

**How many £10 sessions would you like (singles or a block)?** \_\_\_\_\_

**How many 1:1 (£25) or 1:2 (£17.50) sessions would you like ?** \_\_\_\_\_

**Type of session(s) the swimmer would be interested in attending (in order of preference):**

- 1) \_\_\_\_\_ 3) \_\_\_\_\_  
 2) \_\_\_\_\_ 4) \_\_\_\_\_

Please TICK ('can do' slot) or DOUBLE TICK ('Preferred' slot) in the table which session times your child can attend:

<b>Various teachers</b>	0900-0930	0930-1000	1000-1030	1030 - 1100
<b>Mon 08/04</b>				
<b>Tues 09/04</b>				
<b>Weds 10/04</b>				
<b>Thurs 11/04</b>				

\*We accommodate as many requests as possible but can't guarantee a teacher or timeslots.

**Please return this form no later than Sat. 23 March 12noon**

You will hear confirmation about your sessions after this time.

**All booking requests to:**  
[aquaboost@stchris.co.uk](mailto:aquaboost@stchris.co.uk)

If you apply after 23/3, we may be able to add you to existing sessions but there is no guarantee (of space or processing time).

Please note Sarah will not be able to access emails to add swimmers after 6<sup>th</sup>

**Please pay by cheque (payable to St Christopher School), Cash to Sarah or by BACS is also fine. Payment to arrive by Mon 1<sup>st</sup> April with the swimmer's name and ABEAS19 as a reference.**

Bank: Barclays Bank PLC  
 Account name: St Christopher School  
 Account Number: 90800643  
 Sort Code: 20-41-38  
 REFERENCE: **ABEAS19 + swimmer's initial & surname.**