

HOLBROOK SWIM

Autumn 2025 Swimming Form

Monday Classes 8th September to 8th December
Wednesday Classes 10th September to 10th December
No classes: Half Term: 20th - 31st October

If you already swim with us please ensure your child is booked in for swimming before 15th July at the latest for your guaranteed space.

Swimming classes

Our swimming programme is for children in full time education who are able to follow instructions in a small group, and aims to establish healthy and safe behaviour in a happy environment. Children are taught water safety, development of water confidence and swimming ability by following structured and progressive activities in all levels. Classes work with an emphasis on water skills and safety and to gain increasingly more difficulty stage awards.

Beginners For non-swimmers or those in armbands. Focus is on water confidence, safety and progression out of armbands to swim 5 metres on front and back unaided.

Early Swimmers For children who can swim without aids. Introduction to the 4 strokes aiming to swim up to 25 metres unaided. Introduction of submerging and push and glides.

Improvers To help children improve strokes and to swim the 2 main strokes up to 50m unaided effectively with correct breathing techniques. Water safety, rotational skills and correct breathing techniques and personal survival introduced.

Rules

Beginners & Early Swimmers Children need a float and a noodle of their own, Improvers need a float of their own.

Floats and noodles are available to purchase from us, £5.50 each please contact: admin@holbrookswim.org.uk

All participants are required to **supply their own equipment. Float size maximum approx 23cm x 32cm please.** Instructors are only responsible for children during their class. Please do not leave children alone in the changing rooms.

Location

We swim at Murrayfield Primary School, Nacton Road Ipswich, IP3 9LJ

Session Details (All classes are 30minutes in length)

Monday 30mins 11 weeks £99

6.00 Beginners
6.00 Early
6.30 Beginners
6.30 Early
7.00 Early
7.00 Improvers

Monday 30mins 11 weeks £188

7.00 1-2-1

Wednesday 30mins 11 weeks £99

6.00 Beginners
6.00 Early
6.30 Beginners
6.30 Early
6.30 Early
7.00 Improvers

Wednesday 30mins 11 weeks £188

7.00 1-2-1

Please note that a child may move class at the discretion of the instructor according to ability and we may occasionally rearrange classes to suit the range of abilities at the time.

Discount for siblings; 2 children = 1 Free Lesson (£9), 3 children = 2 Free Lessons (£18)

Places are allocated on a first come, first served basis and a place on the previous term's sessions will not guarantee one this term.

All instructors are qualified, DBS checked and experienced at working with children. There is a qualified First Aider at each session.

Complete the booking form below pay by BACS transfer to: Sort Code: 30-94-55 – A/c No: 89055568 - Holbrook Swim, giving your child's name as the reference. Please **DO NOT** make your BACS payment before ensuring space available by completing the enrolment form (by post or email) or speaking to Dan. Cheques also accepted payable to "Holbrook Swim"

Swimming Booking Form

Name of Child	Day	Session Title/Booking No.	Time
<input type="text"/>	<input type="text"/>	<input type="text"/>	
Age	DOB (M/Y)	School Attended	
<input type="text"/>	<input type="text"/>	<input type="text"/>	
If new to Holbrook Swim badges/certificates gained elsewhere		<input type="text"/>	

*****Please provide details here of any condition medical or otherwise that we should know about, including learning and behavioural needs, including medication required***:**

Payment: Cheque enclosed / BACS transfer dated

Parent/guardian details

Name:

Address:

Contact number:

Emergency contact number:

Email address:

By enrolling your child with Holbrook Swim via completion of this booking form you are consenting that:

- 1. Our instructors can contact you if necessary.**
- 2. We can sharing medical information and contact details with the emergency services and medical teams in the event of an emergency.**
- 3. You acknowledge that Holbrook Swim has adopted Swim England's Safeguarding Policies and Procedures and these are available on the Holbrook Swim website.**
- 4. You agree that Holbrook Swim can hold you and your child's personal information during the period of time that your child is participating in swim lessons with Holbrook Swim and for up to 3 terms after the end of this participation. All personal information is held securely and in accordance with the Holbrook Swim Privacy Policy which available on our website.**

Please return this form to Holbrook Swim to ensure enrolment of children.

Holbrook Swim has a full set of Policies and Procedures which outline the rights and responsibilities of its participants. Copies of these documents are available on request.

The club only continues to exist with ongoing support from all including the roles of Holbrook Swim Management Committee and Trustees. Details are available on www.holbrookswim.org.uk

Registered charity no: 1167034

admin@holbrookswim.org.uk
www.holbrookswim.org.uk