

BOOKING FORM

Please fill in all the details below and send

Payment and Form to:

Cheques payable to: **MIGHTY DUCKS**

43 Beechcroft close Valley Rd SW16 2EW

Applicants Name(s): _____

Address: _____

Postcode: _____ Age: _____

E-mail: _____

Tel: _____

Mobile: _____

Type of Class: _____

Time: _____ Day: _____

Member: Non - Member:

Method of payment cheque/Cash/Transfer:

I enclose a cheque for £ _____:

NOTE: THERE ARE NO MAKE UP DAYS OR REFUNDS ON CLASSES MISSED/CANCELLED BY CLIENTS. INSTRUCTORS MAY CHANGE DURING THE TERM. Prams, Bicycles and Scooters must be parked outside in the courtyard

Read Terms & Conditions on the notice board in reception.

I agree with all the Horizons Club Terms & Conditions/Mighty Ducks Swim School.

Signature: _____

Name Parent/Guardian: _____

Crash Course wk(s) : _____

Day & Date:

Please tick date required

Mon 9 Jan – 6 Feb/20 Feb – 26 Mar – 11 weeks

Tues 3 Jan – 7 Feb/21 Feb – 27 Mar – 12 weeks

Wed 4 Jan – 8 Feb/22 Feb – 28 Mar – 12 weeks

Thurs 5 Jan – 9 Feb/23 Feb – 29 Mar – 12 weeks

Fri 6 Jan – 10 Feb/24 Feb – 30 Mar – 12 weeks

Sat 7 Jan – 11 Feb/25 Feb – 31 Mar – 12 weeks

Sun 8 Jan – 12 Feb/26 Feb – 01 Apr – 12 weeks



Horizons Health & Fitness club

Liberty street Stockwell SW9 0ED

Club Tel: 020 7091 1670

Private Lessons

Available for beginners with no confidence to breathing and stroke improvement. **30 minute**

5 X30 minute lessons

Members£125.00

Non members£150.00

5 x 60 minute lessons

Members.....£175.00

Non-Members£200.00

Cancellations for private lessons

All Private Lessons require 24 hours notice for a full refund failing to cancel in time the lesson will be lost.

TEACHING INFORMATION

All lessons are taught by Highly Qualified and Experienced Teachers.

Amateur Swimming Association (A.S.A.)

A.S.A. Teachers & Members of Institute of Swimming Teachers & Coaches

Office Address:

Mighty Ducks

43 Beechcroft close Valley Rd SW16 2EW

Tel: 07984 013 288/ 07985 251 650

Email: mighty.ducks@virgin.net



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SWIMMING SCHOOLS

TURNING BEGINNERS INTO CONFIDENT SWIMMERS

SWIMMING LESSONS

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for all group classes

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SWIMMING LESSON

STANDARDS

1. **Beginners:(4 students per class)**

Little or no confidence in water. Cannot swim without the use of armbands or swim aids.

2. **Beginners Plus:**

Kids in armbands with lots of water confidence (jumping in, blowing bubbles etc...) 10 metres.

3. **Paddlers: (6 students per class)**

Swim about 25 metres Doggie Paddle without swim aids and have some water confidence. (Paddlers Plus 25-50)

4. **Paddlers Plus: (8 students per class)**

Swim about 50/100 metres. Paddlers, face in and out of the water with confidence. Swim front crawl and backstroke need to start developing arm actions with the strokes.

5. **Improvers: (8 students per class)**

Swim a minimum of 200/400 metres on front and back. Confidence in deep water, need to develop more technique in breathing/style and over distance.

6. **Intermediates/Advance: (8 students per class)**

Swim a minimum of 400/600 metres: Breast Stroke, Butterfly, Front Crawl, Back Stroke. Need to develop a higher level of technique (starts & turns, Diving,).



Size: 15x9 metres pool & 1.2 metres depth

Lesson Timetable@Horizons

Monday to Thursday

2.30pm Over 3 Beginners plus (Mondays)
 3.00pm Over 3 Beginners plus
 3.30pm Over 3yrs Beginners
 4.00pm Over 3/5yrs Beginners plus
 4.30pm Paddlers/ Paddlers plus
 5.00pm Improvers
 6.30pm Adult Beginners (Thursday)

Saturday.

12.30pm Over 5yrs Beginners
 1.00pm Paddlers
 1.30pm Over 3/5yrs Beginners plus
 2.00pm Over 5yrs Beginners
 2.30pm Paddlers
 3.00pm Paddlers plus

Sunday

12.30pm Paddler plus
 1.00pm Over 5yrs Beginners plus
 1.30pm Paddler plus
 2.00pm Improvers
 2.30pm Paddlers plus
 3.00pm 5+Paddlers
 3.30pm Advance (45mins)

NEW Swimming Venue @ Durand infant school

Tuesday, Wednesday & Thursday

3.30pm Over 3yrs Beginners
 4.00pm Over 3/5yrs Beginners plus
 4.30pm Paddlers/ Paddlers plus

Classes may be cancelled/changed subject to demand.

Dates & Term Prices

Mon 9 Jan – 6 Feb/20 Feb – 26 Mar – 11 weeks
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 Wed 4 Jan – 8 Feb/22 Feb – 28 Mar – 12 weeks
 Thurs 5 Jan – 9 Feb/23 Feb – 29 Mar – 12 weeks
 Fri 6 Jan – 10 Feb/24 Feb – 30 Mar – 12 weeks
 Sat 7 Jan – 11 Feb/25 Feb – 31 Mar – 12 weeks
 Sun 8 Jan – 12 Feb/26 Feb – 01 Apr – 12 weeks

	<u>Non members</u>	<u>Members</u>	<u>Durand</u>
12 weeks	£141.90	£114.90	£92.90
11 weeks	£130.90	£105.90	£84.90

Private lessons

	<u>Members</u>	<u>Non members</u>
1:2:1	£125.00	£150.00 (5x30mins)
1:2:2	£175.00	£200.00 (5x30mins)

Crash Swimming Courses

1st week 13-17 Feb (5days)
 2nd week 2-5 Apr (4days)
 3rd week 10-13 Apr (4days)

Course Times

9.30 am Over 3 Beginners
 10.00 am Paddlers
 10.30 am Over 5+Beginners
 11.00 am Paddlers+
 11.30 am Improvers

Crash Course Prices

	<u>Non members</u>	<u>Members</u>	<u>Durand</u>
1wk			
5 days	£59.90	£48.90	£40.90
4 days	£47.90	£39.90	£32.90