



Swimming lessons / Winter Programme

Dear Parents/ Guardians

Lessons for the winter season will resume on Wednesday, 4th January 2012. The training schedule will remain the same as that of the autumn season.

(Please tick preferences)

Beginners (Group D) – MFA Pool

Wednesday	1800 - 1900
Saturday	1400 - 1500

Beginners (Group C) – MFA Pool

Wednesday	1800 - 1900
Saturday	1400 - 1500

Beginners (Group B) – National Pool

Tuesday	1600 - 1730
Wednesday	1600 - 1730
Thursday	1600 - 1730
Saturday	1100 - 1230
Sunday	1100 - 1230

(Group A) – National Pool

Tuesday	1600 - 1730
Wednesday	1600 - 1730
Thursday	1600 - 1730
Saturday	1100 - 1230
Sunday	1100 - 1230

(Group AA) – National Pool

Monday	0600 – 0730
Tuesday	1600 – 1800
Wednesday	0600 - 0730
Wednesday	1600 - 1800
Thursday	1600 - 1800
Friday	0600 - 0730
Saturday	1100 – 1300
Sunday	1100 - 1300

Several different packages of lessons are available to choose from

Course Fee:

1 lesson	-	€100
2 lessons	-	€140
3 lessons	-	€160
5 lessons	-	€200
7 lessons	-	€220

ASA Time Trials & Training on Public Holidays are free of charge.

N.B

The committee reserves the right to cancel or change time of specific groups if the necessary group number quota is not reached.

Discounts

Families with two children attending the winter swimming school are entitled to a 10% discount.

Public Holidays

In conjunction with the training falling on public holidays 10th February, 19th & 31st March 2012, kindly note that training will be held in the morning between 0900 & 1100.

Here are a few helpful tips when taking a swim lesson course:

- Children forming part of groups AA, A, B, C will need to wear goggles and a cap (for girls). The water of the pool is fresh but we strongly suggest that goggles are worn to avoid eye irritation.
- Children in Groups AA, A, B, C are required to bring with them a float (kick board) preferably foam not plastic. Groups AA, A, B will also need flippers (small ones) and the AA group will also need a pull buoy and hand paddles.
- Boys should come to lessons in triangle swimsuits or fitted shorts to avoid extra resistance during the lessons and girls preferably come in one piece suits especially in the more advanced groups.
- It is recommended that all AA, A, B group swimmers bring a bottle of water to every lesson. It is of utmost importance for the children to keep hydrated during exercise.
- Parents are requested to stay on the stands during the lessons and are kindly asked not to interfere or communicate with their children during the lessons.
- Restrooms: If your child (groups D and C) needs to use the restroom, they will be accompanied by one of the helpers. We recommend children use the restrooms before the lesson.
- Parents can collect their children from the pool lobby after the lesson.
- May we remind you that the coaches will be responsible for the children during the 1 hr lesson and not before or after and therefore parents are advised to be on time when picking up their children.
- Parents are strongly advised to stick to the group, days and times that their children are placed in. This way child will always have the same coach, which is essential for effective progress and gaining confidence.

Should you require any additional information or in the case of any queries do not hesitate to contact:

Daniela Deguara on 79891210, Oliver Tanti on 79797227 or Maria Grixti on 79703540.

Email – info@sirensasc.com

Registration

Participants are to complete the registration form and bring it in with a cheque payable to Sirens Swimpolo Nursery.

We look forward to another great, positive season of fun and Swimming!

Sirens Swimpolo Committee

Winter Swimming - Registration form (child's details):

To be filled by Parents/Guardians

Name:	
Surname:	
Address:	
DOB:	Email:
Mobile:	Male or Female:
(Days preferences)	

Medical Information

Child suffers from any medical condition. Yes No

If yes, please describe briefly: _____

Declaration

I, as parent/guardian of the above participant, accept that Sirens ASC, swimming school organisers, coaches and officials, sponsors, other competitors and associates, are not liable for any loss, damage, injury, death, claim or expenses which might arise during or as a consequence of his/her participation in the swimming school or any other event organised by the swimming school and club. The participant is in good health and will be participating at his own risk. I also give my permission for the child to receive first aid in case of emergency, even if I cannot be contacted immediately by phone.

I agree to the declaration being accepted for all activities and events organised by Sirens ASC that I may enter at a later date.

Permission to publish photos and indicate names of my child in Sirens ASC publications:

Parents / Guardian Signature:	ID No:
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For office use only:

Payment of € _____ effected in cash or by cheque bank no: _____

Receipt no: _____ Date: _____