

# Welcome to the Aquaspace Swim School



**Everyone should learn to swim –**  
from safety and fitness, to pure enjoyment, the benefits are endless!

**Aquaspace Swim School** provides the opportunity to develop as a swimmer, from an absolute beginner, through all levels of ability, to competition standard if you desire. Our courses also give the basic skills to enjoy other key aquatic disciplines such as synchro, diving and lifesaving. Our qualified, professional and friendly staff endeavour to provide every swimmer with the best opportunity to progress and enjoy the water.

The **National Swim Awards** scheme concentrates on both skill and stroke development. Before an award can be attained, key criteria must be consistently demonstrated to ensure that standards are met.

**Aquaspace** Aquaspace junior courses from starfish to advanced levels all include:

- ★ a **free swim hat** is given to all swimmers. Hats are worn at all times to assist with the development of stroke technique, reduce chlorine residue on your hair and maintain the cleanliness of the pool water.
- ★ a **free swim session** at Sportspace Berkhamsted on Sunday 10.00-12 noon, Hemel Hempstead on Saturday and Sunday 3.30-4.50pm and at Tring on Sunday from 3.00-4pm. (NB: please present your course receipt at reception on each visit.
- ★ a **report** from your swimming teacher at the end of each term, providing feedback on your progress and suggest areas for further development

- ★ A free ASA badge and certificate will be given out if the Stage has been completed by the end of each term.
- ★ our **special recognition awards** that are presented to a swimmer from each venue at the end of a term. Winners appear on our customer newsletters and are displayed within the venues.

**At the end of term a free ASA badge and Certificate if the stage has been completed.**

**Pathways to success** are clearly shown throughout the scheme. You will always have the opportunity to move to clubs best suited to providing you with continued progression. Details about all our clubs are available from all sportspace venues.

Please note: the pool may occasionally be closed due to special events.

Sportspace takes the issue of child protection very seriously, for a copy of our child protection statement please contact a member of staff. All staff are fully trained in the area of child protection awareness and will be happy to assist you.

## Standard Definition and ASA National award incentive

### Pre school

| CLASS        | PRE-REQUISITE  | AWARD INCENTIVE       |
|--------------|--|-----------------------|
| FIRST SPLASH | With parent, 4-18 months   | Adult & Child         |
| AQUABABES    | With parent, 18 months – 3 yrs   | Adult & Child         |
| STARFISH     | 3 and 4 years old BSC and HHSC,<br>4 years old only at TSC and KL                          | Duckling 1,2,3        |
| SEAHORSES    | Confident 3 and 4 years old who have gained<br>duckling 3, 4 years old only at TSC and KL. | Duckling 4,5, Stage 1 |



### Children aged 5 years + FUNdamental Movement Skills

| CLASS             | PRE-REQUISITE                               | AWARD INCENTIVE                                       |
|-------------------|---|---|
| Stage 1: OCTOPUS  | New non-swimmers                            | Stage 1   |
| Stage 2: TURTLES  | Stage 1, confident non-swimmer              | Stage 2   |
| Stage 3: PENGUINS | Stage 2, 5M Front and back paddle           | Stage 3 + 5M (Front, Back, Breast)                    |
| Stage 4: SEALS    | Stage 3, 5M Front, Back, Breast             | Stage 4   |
| Stage 5: DOLPHINS | Stage 4                                     | Stage 5, 10M Front, Back, Breast, Fly                 |
| Stage 6: SHARKS   | Stage 5, 10M Front, Back, Breast, Butterfly | Stage 6 + 25M (one stroke)                            |
| Stage 7: WHALES   | Stage 6, 25M one stroke                     | Stage 7, 25M (Front, back, Breast, Fly)<br>50M + 100m |

### FUNdamental Sports Skills

| CLASS                        | PRE-REQUISITE   | AWARD INCENTIVE        |
|------------------------------|---|------------------------|
| <b>Competitive Swimming:</b> |   |                        |
| Stage 8                      | Stage 7, 25m Front, back, Breast,<br>Fly, 50m, 100m         | Stage 8 (400 meters)   |
| Stage 9                      | Stage 8 and 400 meters                                      | Stage 9 (800 meters)   |
| Stage 10                     | Stage 9 and 800 meters                                      | Stage 10 (1500 meters) |
| <b>Diving:</b>               |   |                        |
| Stage 8                      | Stage 7, 25m Front, back, Breast,<br>Fly, 50m, 100m         | Stage 8 Diving         |
| Stage 9                      | Stage 8   | Stage 9 Diving         |
| Stage 10                     | Stage 9   | Stage 10 Diving        |
| <b>Synchro:</b>              |   |                        |
| Stage 8                      | Stage 7, 25m Front, back, Breast,<br>Fly, 50m, 100m         | Stage 8 Synchro        |
| Stage 9                      | Stage 8   | Stage 9 Synchro        |
| Stage 10                     | Stage 9   | Stage 10 Synchro       |
| <b>Rookie:</b>               |   |                        |
| Stage 8                      | Stage 7 Stage 7, 25m Front, back,<br>Breast, Fly, 50m, 100m | Stage 8 Rookie         |
| Stage 9                      | Stage 8   | Stage 9 Rookie         |
| Stage 10                     | Stage 9   | Stage 10 Rookie        |
| <b>Canoeing:</b>             |   |                        |
|                              | 10 Years old, competant swimmers                            |                        |



# Course dates & costs

## Term Time course dates

| Apply or rebook by | Course start date week commencing | Course Duration |
|--------------------|-----------------------------------|-----------------|
| Sun 22nd March     | Mon 20th April – Fri 17th July    | 12wks           |
| Sun 12th July      | Mon 7th September – Fri 18th Dec  | 14wks           |
| Sun 6th Dec        | Mon 4th January – Fri 2nd April   | 12wk            |

## Term Time course prices

### First splash and Aquababes

|         |                 |            |            |
|---------|-----------------|------------|------------|
| 12weeks | Standard £69.00 | SPH £51.60 | DAC £38.76 |
| 14weeks | Standard £80.50 | SPH £60.20 | DAC £45.22 |

### Starfish and Seahorses - Hemel Hempstead term time only

|          |                 |            |            |
|----------|-----------------|------------|------------|
| 12weeks  | Standard £79.20 | SPH £61.80 | DAC £46.32 |
| 14 weeks | Standard £92.40 | SPH £72.10 | DAC £54.04 |



## All year round course date

| Apply or rebook by | Course start date week commencing             | Course Duration |
|--------------------|---|-----------------|
|                    | Monday 16th March – Sunday 24th May           | 10 Weeks        |
| Sun 10th May       | Monday 25th May – Sunday 2nd August           | 10 Weeks        |
| Sun 19th July      | Monday 3rd August – Sunday 11th October 2009  | 10 Weeks        |
| Sun 27th September | Monday 12th October – Wednesday 23rd December | 11 weeks        |
| Sun 6th December   | Mon 4th January – Sun 14th March 2010         | 10 weeks        |

## All year round course prices:

|        |          |                   |             |            |
|--------|----------|-------------------|-------------|------------|
| Junior | 10 weeks | Standard : £66.00 | SPH: £51.50 | DAC:£38.60 |
| Junior | 11 weeks | Standard £72.60   | SPH £56.65  | DAC £42.46 |
| Adults | 10 weeks | Standard : £74.60 | SPH: £55.10 | DAC:£41.40 |
| Adults | 11 weeks | Standard £82.06   | SPH £60.61  | DAC £45.54 |
| 60+    | 10 weeks | Standard : £66.00 | SPH: £51.50 | DAC:£38.60 |
| 60+    | 11 weeks | Standard £72.60   | SPH £56.65  | DAC £42.46 |

### Term time

|          |                 |            |            |
|----------|-----------------|------------|------------|
| 12 weeks | Standard £79.20 | SPH £61.80 | DAC £46.32 |
| 15 weeks | Standard £99.00 | SPH £77.25 | DAC £57.90 |

### Canoeing, rookie, syncro, diving

|          |                 |            |            |
|----------|-----------------|------------|------------|
| 10 weeks | Standard £72.30 | SPH £57.80 | DAC £43.30 |
| 11 weeks | Standard £79.53 | SPH £63.58 | DAC £47.63 |

## PRICING STRUCTURE

|                 |   |
|-----------------|---|
| <b>Standard</b> | Sports pass price plus entrance charge per visit.   |
| <b>SPH</b>      | A discount price offered to Sports Pass holders   |
| <b>DAC</b>      | A discount price offered to Dacorum ccard holders (available for people in receipt of certain benefits) |

## Private swimming lessons

Available for those preferring individual tuition – contact reception for further details at the venue of your choice. Non-member admission applies.

### Costs:

|               |             |             |
|---------------|-------------|-------------|
| 1:1 (30 mins) | SPH: £16.30 | DAC: £12.20 |
| 2:1 (30 mins) | SPH: £20.80 | DAC: £16.70 |
| 1:1 (60 mins) | SPH: £25.40 | DAC: £20.80 |
| 2:1 (60 mins) | SPH: £34.70 | DAC: £25.40 |



# Applying for courses

Applications are numbered on arrival and done on a first come first served basis:

## New applications

You may apply for the next available course from the first day of the previous course. An **application form** is found at the rear of this leaflet and should be returned to the relevant venue.

You may join a current course up to week 4 if a place is available. After this time you will need to apply for the next available course.

## Courses are non-refundable.

Details and prices are correct at time of printing. All information is subject to change with or without notice.

## National Pool Lifeguard Qualification

Whilst the pre-requisite for entering this course is demanding, it is very rewarding, demonstrating theory and practical skills of lifesaving within a swimming pool environment.

See reception for more information.

**Pre-requisite:** It is strongly recommended that all candidates are able to swim 100m on a front and 100m on a back stroke, followed by a 50m swim within 60 seconds. Candidates should be able to submerge to a depth of at least 1.5 metres.

See reception for more information.

All details and prices are correct at time of printing.

All information is subject to change, according to demand.

If you or your child are on a course and you wish to **rebook**, you will require a rebooking form. Dates are shown in the course information to the left.

# Sportspace BERKHAMSTED

Langley Meadow, Douglas Gardens, Berkhamsted, Herts HP4 3QQ 01442 228123

## ■ TERM TIME ■

### Courses for under 5s

#### First Splash

Mon 10.00am  
Pay on the day – Weds 10.00am

#### Aquababes

Mon 10.30am  
Pay on the day – Weds 10.30am

## ■ ALL YEAR ROUND

### Courses for under 5s

#### Starfish

Mon 11.05am  
Tues 3.45pm  
Wed 11.40am 3.30pm  
Thurs 12.30pm, 1.00pm, 3.30pm  
Fri 1.00pm 2.00pm 3.30pm

#### Seahorse

Mon 11.40am  
Tues 4.20pm  
Weds 12.15am 4.00pm  
Thurs 1.30pm, 3.30pm  
Fri 1.30pm, 2.30pm, 4.05pm  
Sat 9.15am 10.45am

### Courses for over 5s

#### Stage 1

Tues 4.20pm 4.55pm  
Weds 4.35  
Thurs 4.05pm  
Fri 4.40  
Sat 11.15am

#### Stage 2

Mon 4.35pm  
Tues 3.45pm  
Weds 5.10pm  
Thurs 4.40pm  
Fri 4.40pm  
Sat 9.45am



#### Stage 3

Mon 5.10pm  
Tues 4.55pm 5.30pm  
Weds 4.00pm 4.35pm  
Thurs 4.05pm, 5.15pm  
Fri 5.15pm  
Sat 9.15am

#### Stage 4

Mon 4.00pm  
Tues 5.30pm  
Weds 4.35pm 5.10pm  
Thurs 4.40pm  
Fri 4.05pm  
Sat 9.45am

#### Stage 5

Mon 4.35pm  
Tues 6.05pm  
Weds 5.45pm  
Thurs 5.15pm  
Fri 5.15pm  
Sat 10.15am

#### Stage 6

Mon 5.10pm  
Tues 6.40pm  
Weds 5.45pm  
Thurs 4.05pm  
Fri 5.50pm

#### Stage 7

Mon 5.45pm  
Weds 5.10pm  
Thurs 5.50pm  
Fri 5.50pm

#### Stage 8

Mon 5.45pm  
Thurs 5.15pm  
Fri 5.50pm

#### Stage 9

Mon 6.20pm  
Thurs 5.50pm  
Fri 6.25pm

#### Aquafun Friday

4 – 4.45pm

#### Rookie Lifeguard Friday

4.45 – 5.30pm



#### Canoe Club

For competent swimmers.  
Tues 8.00-9.00pm  
Junior 10 years+  
Adult 16 years+

#### Berkhamsted Sports Centre Swimming Club

The swimming club is designed for competent swimmers who wish to improve their stroke technique and stamina, and for swimmers who are of the standard to compete in competitions.

Sat 8.00-9.00am  
Sun 5.30-7.30pm  
Mon 6.30-8.00pm

Contact Geoff for more information on 07731 315984 between 10am and 8pm.

### Adult Courses

#### Beginners

Thurs 11am-12 noon  
Thurs 6.25pm

#### Improvers

Thurs 10-11am 6.25pm

#### Advanced

Thurs 7pm  
Fri 10.15-11.15am



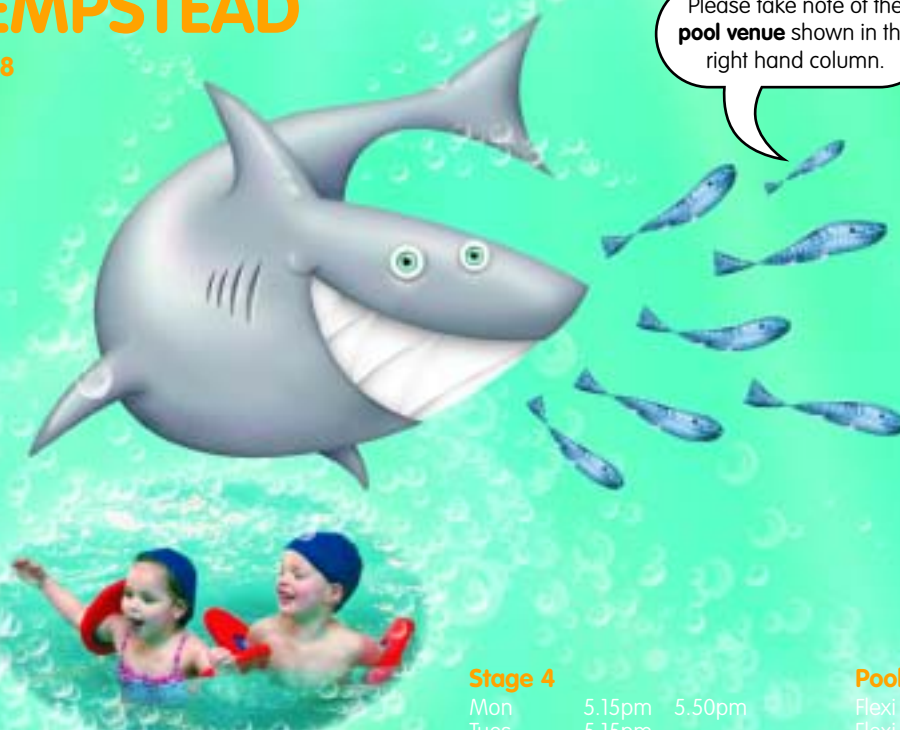
# Sportspace HEMEL HEMPSTEAD

Park Road, Hemel Hempstead, Herts HP1 1JS **01442 228188**

## ■ TERM TIME ■

### Courses for under 5s

|                     |       |       |       | Pool  |     |
|---------------------|-------|-------|-------|-------|-----|
| <b>First Splash</b> |       |       |       |       |     |
| Mon                 | 10.00 | 11.00 | 12.00 | Con   |     |
| Tues                | 12.30 | 1.30  |       | Con   |     |
| Thurs               | 10.00 |       |       | Con   |     |
| <b>Aquabobes</b>    |       |       |       |       |     |
| Mon                 | 10.30 | 11.30 | 12.30 | Con   |     |
| Tues                | 1.00  | 2.30  |       | Con   |     |
| Thurs               | 9.00  | 9.30  | 10.30 | 11.30 | Con |
| <b>Starfish</b>     |       |       |       |       |     |
| Tues                | 9.30  | 10.30 |       | Con   |     |
| Weds                | 9.30  |       |       | Con   |     |
| Thurs               | 11.00 |       |       | Con   |     |
| Fri                 | 9.30  |       |       | Con   |     |
| <b>Seahorse</b>     |       |       |       |       |     |
| Tues                | 10.00 |       |       | Con   |     |
| Weds                | 10.00 |       |       | Con   |     |
| Thurs               | 11.00 |       |       | Con   |     |
| Fri                 | 10.00 |       |       | Con   |     |



Please take note of the **pool venue** shown in the right hand column.

## ■ ALL YEAR ROUND ■

### Courses for under 5s

|                  |        |        |        | Pool  |
|------------------|--------|--------|--------|-------|
| <b>Starfish</b>  |        |        |        |       |
| Mon              | 3.30pm | 4.05pm |        | WC    |
| Tues             | 3.30pm | 4.05pm |        | WC    |
| Weds             | 3.30pm |        |        | WC    |
| Thurs            | 3.30pm | 4.05pm |        | WC    |
| Fri              | 3.30pm | 4.15pm |        | WC    |
| Sat              | 9.00am | 9.00am | 9.35am | WC    |
| <b>Seahorses</b> |        |        |        |       |
| Mon              | 3.30pm | 3.30pm |        | Flexi |
|                  |        |        | 4.40pm | WC    |
| Tues             | 3.30pm |        |        | Flexi |
|                  |        | 4.40pm |        | WC    |
| Weds             | 3.30pm | 3.30pm |        | Flexi |
|                  |        |        | 4.05pm | WC    |
| Thurs            | 3.30pm |        |        | Flexi |
|                  |        | 4.40pm |        | WC    |
| Fri              | 3.30pm | 4.05pm | 4.05pm | Flexi |
|                  |        |        | 4.45pm | WC    |
| Sat              | 8.30am | 9.00am | 9.00am | Flexi |

### Courses for over 5s

|                |         |        |         |    | Pool  |
|----------------|---------|--------|---------|----|-------|
| <b>Stage 1</b> |         |        |         |    |       |
| Mon            | 4.05pm  | 4.05pm |         |    | Flexi |
| Tues           | 3.30pm  | 4.05pm | 5.50    | 7+ | Flexi |
| Weds           | 4.05pm  | 5.15pm | 5.15pm  |    | Flexi |
| Thurs          | 3.30pm  | 4.05pm | 6.25    | 7+ | Flexi |
| Fri            | 3.30pm  | 4.05pm | 4.35pm  |    | Flexi |
| Sat            | 8.30am  | 8.30am | 9.00am  |    | Flexi |
| <b>Stage 2</b> |         |        |         |    |       |
| Mon            | 4.05pm  | 4.40pm | 4.40pm  |    | Flexi |
| Tues           | 4.05pm  | 4.05pm | 4.40pm  |    | Flexi |
| Weds           | 4.05pm  | 4.40pm | 5.15pm  |    | Flexi |
| Thurs          | 4.40pm  | 4.40pm |         |    | Flexi |
| Fri            | 4.35pm  | 5.15pm |         |    | Flexi |
| Sat            | 9.35am  | 9.35am | 10.45am |    | Flexi |
|                |         |        | 12.30pm |    | Flexi |
| <b>Stage 3</b> |         |        |         |    |       |
| Mon            | 4.40pm  | 5.15pm | 5.15pm  |    | Flexi |
| Tues           | 4.40pm  | 4.40pm | 5.15pm  |    | Flexi |
| Weds           | 4.05pm  | 4.40pm | 5.50pm  |    | Flexi |
| Thurs          | 4.05pm  | 5.15pm |         |    | Flexi |
| Fri            | 4.35pm  | 5.15pm |         |    | Flexi |
| Sat            | 10.10am | 9.35am | 10.45am |    | Flexi |
|                |         |        | 12.30pm |    | Flexi |

### Stage 4

|       |         |        |  |  | Pool  |
|-------|---------|--------|--|--|-------|
| Mon   | 5.15pm  | 5.50pm |  |  | Flexi |
| Tues  | 5.15pm  |        |  |  | Flexi |
| Weds  | 4.40pm  | 5.50pm |  |  | Flexi |
| Thurs | 4.40pm  | 5.15pm |  |  | Flexi |
| Fri   | 5.15pm  |        |  |  | Flexi |
| Sat   | 10.45am |        |  |  | Flexi |

### Stage 5

|       |         |        |  |  | Pool  |
|-------|---------|--------|--|--|-------|
| Mon   | 5.50pm  | 6.25pm |  |  | Flexi |
| Tues  | 5.15pm  |        |  |  | Flexi |
| Weds  | 5.50pm  |        |  |  | Flexi |
| Thurs | 5.50pm  |        |  |  | Flexi |
| Fri   | 5.50pm  |        |  |  | Flexi |
| Sat   | 11.20am |        |  |  | Flexi |

### Stage 6

|       |         |  |  |  | Pool  |
|-------|---------|--|--|--|-------|
| Mon   | 6.25pm  |  |  |  | Flexi |
| Tues  | 5.50pm  |  |  |  | Flexi |
| Wed   | 5.50pm  |  |  |  | Flexi |
| Thurs | 5.50pm  |  |  |  | Flexi |
| Fri   | 5.50pm  |  |  |  | Flexi |
| Sat   | 11.20am |  |  |  | Flexi |

### Stage 7

|       |         |  |  |  | Pool  |
|-------|---------|--|--|--|-------|
| Mon   | 6.25pm  |  |  |  | Flexi |
| Tues  | 6.25pm  |  |  |  | Flexi |
| Weds  | 7.00pm  |  |  |  | Flexi |
| Thurs | 6.25pm  |  |  |  | Flexi |
| Fri   | 6.25pm  |  |  |  | Flexi |
| Sat   | 11.55am |  |  |  | Flexi |

### Stage 8

|       |         |  |  |  | Pool  |
|-------|---------|--|--|--|-------|
| Mon   | 7.00pm  |  |  |  | Flexi |
| Tues  | 7.00pm  |  |  |  | Flexi |
| Wed   | 6.25pm  |  |  |  | Flexi |
| Thurs | 7.00pm  |  |  |  | Flexi |
| Fri   | 6.25pm  |  |  |  | Flexi |
| Sat   | 11.55am |  |  |  | Flexi |

### Stage 9

|       |         |  |  |  | Pool  |
|-------|---------|--|--|--|-------|
| Mon   | 7.00pm  |  |  |  | Flexi |
| Tues  | 7.00pm  |  |  |  | Flexi |
| Wed   | 7.00pm  |  |  |  | Flexi |
| Thurs | 7.00pm  |  |  |  | Flexi |
| Fri   | 7.00pm  |  |  |  | Flexi |
| Sat   | 11.55am |  |  |  | Flexi |

### Stage 10

|     |        |  |  |  | Pool  |
|-----|--------|--|--|--|-------|
| Mon | 7.00pm |  |  |  | Flexi |
| Fri | 7.00pm |  |  |  | Flexi |

## Courses for children that have achieved swimming stage 7

### Rookie LG Pool

|      |        |  |  |  | Pool  |
|------|--------|--|--|--|-------|
| Tues | 4.45pm |  |  |  | Flexi |

### Syncro BEG

|      |        |  |  |  | Pool  |
|------|--------|--|--|--|-------|
| Tues | 5.30pm |  |  |  | Flexi |

### Syncro IMP

|      |        |  |  |  | Pool  |
|------|--------|--|--|--|-------|
| Tues | 6.15pm |  |  |  | Flexi |

### Diving (30mins)

|     |         |  |  |  | Pool  |
|-----|---------|--|--|--|-------|
| Fri | 6.25pm  |  |  |  | Flexi |
| Sat | 10.45am |  |  |  | Flexi |

### Diving (45mins)

|       |        |           |        |  | Pool  |
|-------|--------|-----------|--------|--|-------|
| Mon   | 4.00pm |           |        |  | Flexi |
|       |        |           | 4.45pm |  | Flexi |
| Weds  | 4.45pm | (imp/adv) |        |  | Flexi |
| Thurs | 5.30pm | (imp/adv) |        |  | Flexi |

Swim over the page for more Hemel Hempstead courses...



## Sportspace HEMEL HEMPSTEAD (continued)

### Adult Evening Courses

|                  |             |
|------------------|-------------|
| <b>Beginners</b> | <b>Pool</b> |
| Mon 8.30-9.00pm  | Flexi       |
| 9.30-10.00pm     | Flexi       |

|                  |             |
|------------------|-------------|
| <b>Improvers</b> | <b>Pool</b> |
| Mon 9.00-9.30pm  | Flexi       |

|                  |             |
|------------------|-------------|
| <b>Beginners</b> | <b>Pool</b> |
| Mon 9.30-10.00pm | Flexi       |

### Adults – Pay on the Day

Term time only

|                    |             |
|--------------------|-------------|
| <b>Beginners</b>   | <b>Pool</b> |
| Weds 12.00-12.45pm | Flexi       |

**Costs:**  
Standard: £5.10    SPH: £3.40    DAC: £2.80

### Adult Daytime Courses

Developing confidence skills & stamina.

|                   |             |
|-------------------|-------------|
| <b>Beginners</b>  | <b>Pool</b> |
| Mon 12.00-12.45pm | Flexi       |

|                  |             |
|------------------|-------------|
| <b>Improvers</b> | <b>Pool</b> |
| Mon 12.45-1.30pm | Flexi       |

|                     |             |
|---------------------|-------------|
| <b>Intermediate</b> | <b>Pool</b> |
| Mon 1.30-2.15pm     | Flexi       |

|                 |             |
|-----------------|-------------|
| <b>Advanced</b> | <b>Pool</b> |
| Mon 2.15-3.00pm | Flexi       |



You made it!



### Hemel Hempstead Swimming Club

Please contact Charles Dainton, the club secretary, for details of training times on 07980 652989 / 01442 261869.

## Sportspace KINGS LANGLEY

Charter Court, Vicarage Lane, Kings Langley, Herts WD4 9HR **01923 266868**

### ■ TERM TIME ■

### Courses for 4 year olds

#### Starfish

|             |         |
|-------------|---------|
| Sat 11.45am | 12.15pm |
| Sun 9.00am  |         |

#### Seahorse

|             |
|-------------|
| Sat 12.45pm |
| Sun 9.30am  |

### Courses for over 5s

#### Stage 1

|             |        |
|-------------|--------|
| Mon 4.00pm  | 4.30pm |
| Tues 4.00pm | 4.30pm |
| Sat 9.00am  | 9.30am |

#### Stage 2

|             |
|-------------|
| Mon 5.00pm  |
| Tues 5.00pm |
| Sat 10.00am |

#### Stage 3

|             |         |
|-------------|---------|
| Mon 5.30pm  | 6.00pm  |
| Tues 5.30pm | 6.00pm  |
| Sat 9.30am  | 10.30pm |

#### Stage 4

|             |        |
|-------------|--------|
| Mon 4.30pm  | 5.00pm |
| Tues 4.30pm | 5.00pm |
| Sat 10.00am |        |

#### Stage 5

|             |
|-------------|
| Mon 5.30pm  |
| Tues 5.30pm |
| Sat 10.30am |

#### Stage 6

|             |
|-------------|
| Mon 6.00pm  |
| Sat 11.00am |

#### Stage 7

|             |
|-------------|
| Mon 6.30pm  |
| Tues 6.00pm |
| Sat 11.35am |

#### Stage 8

|             |
|-------------|
| Tues 6.30pm |
|-------------|

#### Canoe

|        |           |               |
|--------|-----------|---------------|
| Monday | Beginners | 7.30pm-8.30pm |
| Monday | Improvers | 8.30pm-9.30pm |

**Rookie Lifeguarding** Monday 6.30pm



# Sportspace TRING

Mortimer Hill, Tring, Hertfordshire HP23 5JU 01442 228957

## ■ TERM TIME ■

### First Splash

Thurs 1.20-1.50pm

### Aquababes

Thurs 1.50-2.20pm

## ■ ALL YEAR ROUND ■

### Aquababes

Sat 10am and 10.30 am

### Courses for 4year olds

#### Starfish

Fri 3.30pm  
Sun 9.00am

#### Seahorse

Fri 4.00pm  
Sun 10.00am

### Courses for over 5s

#### Stage 1

Mon 5.00pm  
Tues 4.30pm  
Thurs 5.00pm  
Fri 5.00pm  
Sat 9.00am  
Sun 9.30am

#### Stage 2

Mon 6.00pm  
Tues 4.30pm  
Thurs 5.00pm  
Fri 5.00pm  
Sat 9.00am  
Sun 9.30am

#### Stage 3

Mon 5.30pm  
Tues 5.00pm  
Thurs 5.30pm  
Fri 4.30pm  
Sat 8.30am  
Sun 10.30am

#### Stage 4

Mon 5.00pm  
Tues 5.30pm  
Thurs 5.00pm  
Fri 5.30pm  
Sat 8.30am  
Sun 9.30am

#### Stage 5

Mon 6.00pm  
Tues 4.30pm  
Thurs 5.30pm  
Fri 5.00pm  
Sat 9.00am  
Sun 9.00am

#### Stage 6

Mon 5.30pm  
Tues 5.00pm  
Thurs 6.00pm  
Fri 5.30pm  
Sat 9.30am  
Sun 10.30am

#### Stage 7

Tues 5.30pm  
Thurs 6.00pm  
Fri 6.00pm  
Sat 9.30am  
Sun 10.00am

#### Stage 8

Tues 6.00pm  
Fri 6.00pm

#### Stage 9

Tues 6.00pm

### Adult Courses

#### Beginners

Weds 8.30-9pm

#### Improvers

Weds 9-9.30am

#### Advanced

Weds 9.30-10pm

### Tring Swimming Club

Tues 7.00-8.00am

Thurs 7.30-9.00am

Fri 6.45-9.45pm

Sun 4.15-8.30pm



## Aquaspace Swim School postal application form

See you soon!



**Please note that courses are bookable by post only.**

You can book onto the course that is currently running up until the end of week three. so please ask reception if there is space on the course required. If not you will have to apply for the next set of course.

The demand for courses is extremely high, therefore all applications are numbered and done on a first come first serve basis. Please use one application/cheque/postal order per person – payable to **Dacorum Sport Trust**. Your cheque will be returned to you in the event of your application being unsuccessful.

Please write your cheque guarantee card number & expiry date, along with child's name and address on reverse of cheque.

Please enclose a self-addressed envelope for your reply otherwise there may be a delay in processing your application.

Please post your form to your chosen venue. Addresses can be found on each venue's page.

# Swim School postal application form

New applicant (please tick)       Change of day (please tick)

**DATE OF COURSE:** .....

**COURSE TYPE:** (please tick)       10 Week       Term Time

**VENUE:** (please tick)       Berkhamsted  
 Hemel Hempstead  
 Kings Langley  
 Tring

If possible, please give three choices of time at your preferred venue. Whilst we will endeavour to allocate your first choice, **this cannot be guaranteed**. Times and details of all our classes are available in the Aquaspace Swim School leaflet.

|                    | DAY   | TIME  | COURSE REQUIRED |
|--------------------|-------|-------|-----------------|
| <b>1st Choice:</b> | ..... | ..... | .....           |
| <b>2nd Choice:</b> | ..... | ..... | .....           |
| <b>3rd Choice:</b> | ..... | ..... | .....           |

Please indicate if you would be interested in lessons at an alternative venue if your choice of venue cannot be accommodated.

**ALTERNATIVE VENUE:** (please tick)       Berkhamsted  
 Hemel Hempstead  
 Kings Langley  
 Tring

## YOUR DETAILS:

Swimmer's Full Name: .....

Address: .....

..... Post Code: .....

Telephone No. (home): .....

Telephone No. (work): .....

Telephone No. (mobile): .....

Dacorum Card No.: .....

Sports Pass No.: .....

Juniors Date of Birth: .....

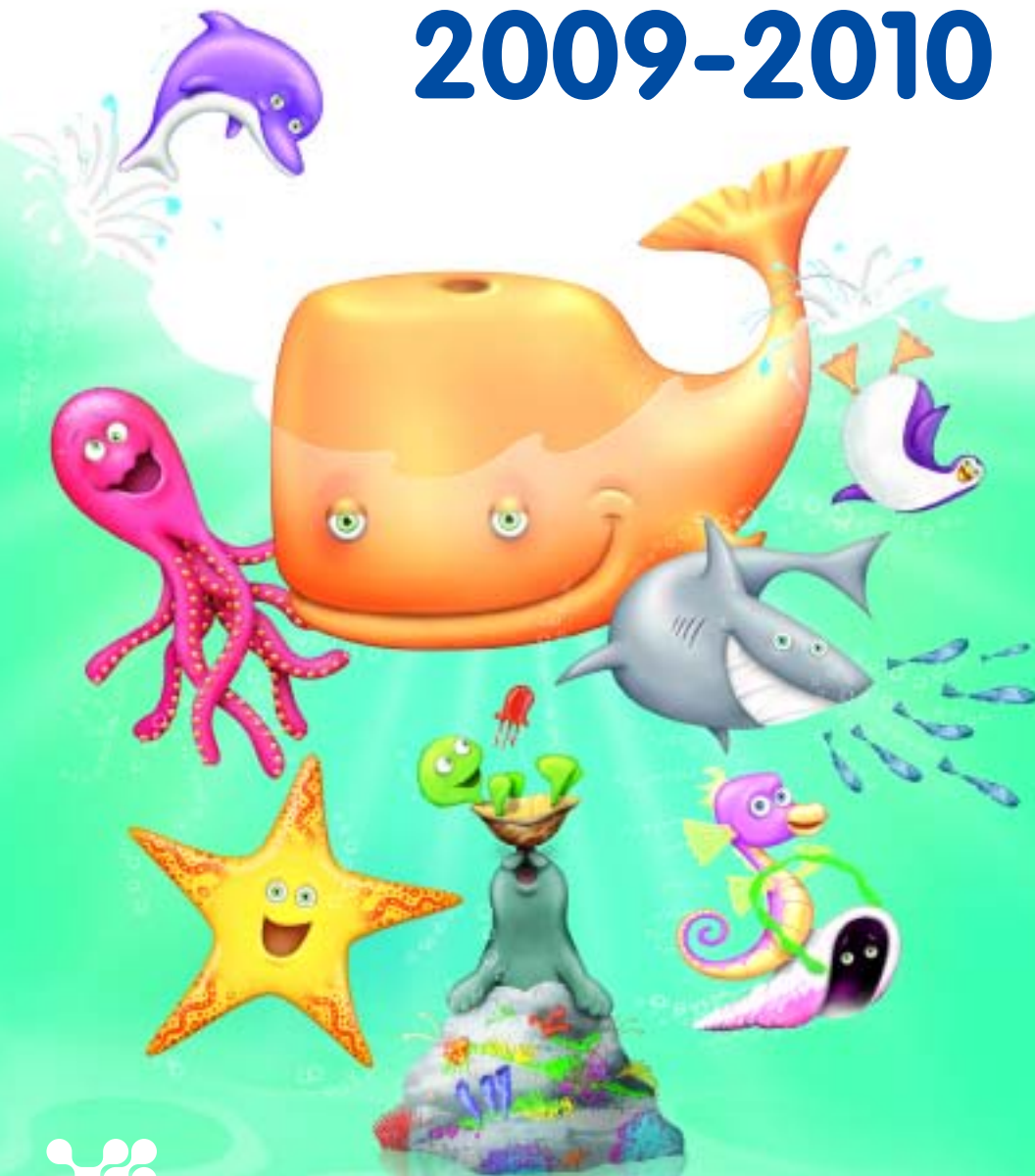
## MEDICAL CONDITIONS:

Should you have any medical condition that you feel we should be made aware of, please complete details below. All information will be treated confidentially.

.....  
 .....



# Swim School 2009-2010



[www.sportspace.co.uk](http://www.sportspace.co.uk)