



The King's School Recreation Centre

SWIMMING SKILLS TWO DAY COURSE FOR 8-12 YEARS

Tuesday 13th – Wednesday 14th April 2010

THE KING'S SCHOOL CANTERBURY

Application Form

Coaching Director: Kim Longland

Cost £69 to include lunch both days

This course is for junior swimmers aspiring to county level/leagues or equivalent, with the emphasis on stroke skills and drills, and starts and turns practices. There will be an introduction to swim training sets and early land work and flexibility. A mini gala will take place during the last swimming session.

(please complete in BLOCK CAPITALS)

Name:	
Date of Birth	
Address:	
Post code:	
Telephone no(s):	
Email address:	
Swimming Club	Times: 50m crawl.....100m crawl.....
My form stroke is	50m form.....100m form.....
Medical conditions/ allergies/ special dietary requirement	

Please telephone the Recreation Centre first to check there is a space available (01227 595602). All applications must be accompanied by payment. We will send you a receipt as confirmation that you have been accepted on the course. Refunds will only be considered in exceptional circumstances, by applying, in writing, to the Centre Manager. No refunds will be given within 21 days of the start of a course. Please read the full booking conditions (enclosed).

PAYMENT: I enclose a cheque for the sum of £_____ payable to The King's School, Canterbury

I agree to my son/daughter taking part in the Swimming Training Course and agree to abide by the King's School Recreation Centre's rules and regulations (copies available on request).

Signature

Date

The King's School Recreation Centre, 1 St. Stephens Road,
Canterbury, Kent CT2 7HU Telephone: 01227 595602

E-mail: p.murray@kingsrecreation.co.uk Registered Educational Charity No. 307942