### **NEPTUNES WPSC**

### Swimming School at National Pool Complex - AUTUMN'11

The Autumn programme will commence on **Monday 19 September till Sunday 11 December**. This programme will be held at the heated pool of the National Pool Complex, Gzira.

#### <u>AUTUMN TIME TABLE</u> (Term = 12 weeks)

Group AA - Advanced Monday 4.45pm - 6.00pm; Wednesday 6.00pm - 7.30pm;

Friday 4.45pm – 6.00pm Saturday from 12.30pm to 2.00pm;

Group A - Advanced Monday 4.00pm - 5.00pm; Wednesday 6.00pm - 7.30pm;

Friday 3.30pm - 4.30pm; Saturday 1.00pm - 2.00pm;

Sunday 10.00am - 11.00am

Group B - Intermediate Monday 3.30pm to 4.30pm; Friday 4.00pm to 5.00pm;

Saturday 11.00am to 12.00pm or 12.00pm to 1.00pm

Sunday 9.00am to 10.00am;

Group C – Improvers Wednesday 3.15pm – 4.00pm; Saturday 12.00pm - 12.45pm;

The above *Improvers Group* is intended for <u>confident</u> Group C swimmers who are ready to start learning the basic swimming strokes.

Swimmers can choose either 2 or 3 or 4 sessions per week BUT must advise us of days they will be attending on the Registration Form.

#### FEE FOR THE TERM

Advanced ...... 2 lessons/week Euro 125 **OR** 3 lessons/week Euro 160 **OR** 4 lessons/week Euro 195 Intermediate.....2 lessons/week Euro 125 **OR** 3 lessons/week Euro 160 **OR** 4 lessons/week Euro 195 Improvers.......1 lesson/week Euro 70 **OR** 2 lessons/week Euro 135.

10% discount for brothers and sisters attending the Autumn Term.

To facilitate the organisation and reduce administration work, if possible, parents are kindly asked to pay their fees (preferably by cheque payable to Neptunes attached to the Registration Form) and post to Neville Pace, 204 The Strand, Gzira or hand over to one of the coaches. A receipt will be issued in due course.

#### **IMPORTANT NOTES:**

Swim school swimmers should consult your coach if applying for a different swimming level group than what you were attending during the last term unless instructed to change level by the coaches.

At National Pool, <u>all swimmers need to get their own swimming boards</u>, <u>etc</u>. Please make sure to write your name with a permanent marker to identify your equipment. Swimming caps and goggles are obligatory. Also, all training sessions/lessons will start with a short warm-up & stretching. So please come dressed in a track suit on top of your swim suit/trunks and running shoes.

In case of problems please send an email to:

Monique Mangion: <a href="mangion@gmail.com">monique.mangion@gmail.com</a> or phone 99828202;

Neville Pace: npace@gauciborda.com or phone 99833053.

**Monique Mangion** 

Headcoach Swim School

**Neville Pace** 

**Swimming Co-Ordinator** 

## NEPTUNES SWIMMING SCHOOL Autumn 2011

# **REGISTRATION FORM** (write in Block Letters please)

NAME (of Parent/Guardian) IN BLOCK LETTERS

Preferably post cheque payment to: Neville Pace, 204 The Strand, Gzira.

Name and Surname (Swimm	er):			
Address:				
		Post Code:		
Telephone No. Home	Date of Birth:	Boy	/ Girl	
Mobile (Mother)	Mobile (Father)			
E-Mail:	Mobile (Swimmer)			
Applying to attend Group:	to attend Group:on the following days:			
Allergies/Medication Reaction	ns etc.			
Paid Cash / Chq.no(Please make cheques paya		_ Receipt No	(for Office Use)	
Declaration I, as parent/guardian of the abording coaches and officials, sponsors, death, claim or expenses which swimming school or any other exhealth and will be participating case of emergency, even if I can accepted for all activities and even	other competitors and ass h might arise during or a event organised by the swir at his own risk. I also give annot be contacted immed	ociates, are not liable is a consequence of nming school and clumy permission for thiately by phone. I ag	for any loss, damage, injurthis/her participation in the barticipant is in good e child to receive first aid ree to the declaration being to the declaration being the second sec	
Permission to publish photos and in	ndicate names of my child in I	Neptunes WPSC public	ations.	
I GRANT CONSENT I F Neptunes WPSC collects personal communicating time-tables and info	information for the use of cor	firming our client progra e club.	am details such as	
Signed	(Parent/Guardian)	Date:	2011	