



## WAITING LIST APPLICATION FORM

Name .....

Date of Birth .....

Address .....

Post Code .....

Tel No .....

Email .....

(email required for communication purposes i.e child's progress report.)

Emergency Contact .....

Medical Conditions .....

Lesson Group Required .....

Parent Name .....

Reception Admin .....

**Our Data Promise:** Live Active Leisure take your privacy seriously. We collect personal data when you register with us and will only use your personal data to administer your account or provide important information our products and services. However, from time to time we would like to contact you with information of new classes, special offers, Live Active events and more. If you agree to being contacted in this way, please tick the relevant boxes:

**Post    Email    Phone    SMS    Social**

We promise that we will never share your details for marketing purposes with any third parties. For more information explaining how we use your information please see our privacy policy available on our website.

**Data Protection:** The information provided by you will be used only for the purpose stated. In terms of the Data Protection Act 1998 and General Data Protection Regulations (GDPR) 2016 and you are entitled to know what personal information Live Active Leisure Ltd hold about you. Application should be made to: Data Protection Officer, Live Active Leisure, Caledonia House, Hay Street, Perth, PH1 5HS.



# Group Swimming Lessons

# Swimming Lesson Information



## Extra info ...

**We have an excellent team of Activity Instructors qualified to a high level to teach individuals of all ages and abilities to swim. Delivering the Scottish Swimming framework in order to develop your in what we consider a life skill as well as keeping your child active, fit and healthy.**

Lesson duration is 30 minutes. Your child will be continually assessed throughout and move to the next swim skills level when achieved. You can check their progress through our Home Portal at <https://bookings.liveactive.co.uk/homeportal>. Certificate are also given when a child has passed each level. Changes to class day and time will communicated through email.



### PRE-SCHOOL

No experience required. This class introduces children aged between 3 and 5 to the water environment and builds on their water confidence with basic water skills.

Pre-School classes progress through as follows, Pre-School beginner, improver and advance

### NO LIMITS

Classes are available for children with sensory and learning difficulties. Please contact Activity Instructors for more details.

### SWIM SKILLS 1 (SS1)

To further develop water confidence and core aquatic skills, whilst developing basic stroke technique.

### SWIM SKILLS 2 (SS2)

To increase the competency of the core aquatic skills and develop stroke technique over all 4 strokes. Introduction to diving.

### SWIM SKILLS 3 (SS3)

An introduction to more advanced stroke technique over all 4 strokes. Trying to develop legal technique especially in Breast Stroke and Butterfly. Achieving Scottish Swimming's Triple S award (Scotland's Safe Swimming award).

### SWIM SKILLS 4 (SS4)

To improve the quality of stroke technique and introduce aquatic skills such as life saving skills.

### CLUB READY

To improve and maintain stroke technique over distance. Develop turn technique over all 4 strokes and provide knowledge and understanding of club training practices.