Swimming is not only a great way of keeping fit, but it is also a valuable step to increase the safety of children in and around water. Swimming is an essential life skill; this skill is forever with them. In their later years their longevity and quality of life will be enhanced by swimming. This is a point that has been recognised by the government with the inclusion of swimming in the National Curriculum.

Oldham Active Swimming Lessons are available across all 5 of our centres, 7 days a week, with various times offered to help fit in around you. Lessons run throughout the year meaning you can start our courses at any time, whilst ensuring continuous improvement for all children.

**OUR SWIMMING LESSONS ARE:**
- Suitable for children aged from 2.5 years
- Fun, friendly and positive
- Carried out by fully qualified teachers
- Group, one-to-one & two-to-one tuition to suit all abilities
- Easy to manage with our online portal and direct debit payment system
- Delivered on a rolling basis, meaning your child can progress at their own pace
- Free Swimming outside of their lessons if you pay via direct debit

**WE ALSO OFFER:**
- Parent and Baby classes for under 2 year olds
- Parent and child lessons for children 2 years plus
- Intensive Learn to Swim programmes for those wanting to progress quickly
- Adult-only swimming lessons, so you can learn to swim with just adults
- Advanced Training Squad for elite swimmers

**ACTIVE KIDS SWIMMING LESSON PRICES**

<table>
<thead>
<tr>
<th></th>
<th>Standard</th>
<th>Oldham Active Card</th>
<th>Oldham Active Card Concession</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>JUNIOR SWIM LESSONS</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Per weekly lesson, payable in advance for 10 week course</td>
<td>£6.25</td>
<td>N/A</td>
<td>£5.05</td>
</tr>
<tr>
<td>Monthly direct debit, includes free swim access</td>
<td>£21.99</td>
<td>N/A</td>
<td>£16.99</td>
</tr>
</tbody>
</table>

Prices correct as of 11.1.18. Please check the website as they are subject to annual changes.

**How to Enrol**

If you’d like your child to start our OCL Swimming Lessons, simply complete the enquiry form on the last page and hand in at reception at your local centre. Following this, a member of the Aquatics Team will contact you to arrange your sessions.

Alternatively you can fill out our enquiry form online at [www.oclactive.co.uk/get-touch](http://www.oclactive.co.uk/get-touch) or if you’d like more information, you can speak to one of our contact team on 0161 207 7000.

From time to time, you may be added to our waiting list until a space becomes available, as our lessons are extremely popular. If this is the case we operate on a first come first served basis to ensure we allocate spaces in the fairest possible way.
Oldham Active Penguin Course

Our courses are available across all centres over 7 days a week with various times offered and run throughout the year to ensure continuous improvement for all children. Each level is carefully aligned with all varying ability levels, ensuring that we deliver training that is fun, exciting and achievable, making your child’s progress easier and quicker.

**PARENT & BABY**

**WHAT DO THEY LEARN?**
Enjoy songs and games to introduce your baby to water, building confidence and a close relationship with parent and baby.

**AWARDS**
- Starfish 1
- Starfish 2
- Starfish 3
- Starfish 4
- Starfish 5
- Starfish 6
- Adult & Child
- Penguin 1
- 5 Meetre Badge

**BEGINNERS | RED HATS**

**WHAT DO THEY LEARN?**
By the end of this level, children will be able to complete the Fundamentals of swimming, including flotation, rotation, submersion and basic stroke skills.

**AWARDS**
- Penguin 1
- Penguin 2
- Penguin 3
- Penguin 4
- Penguin 5
- Penguin 6
- Penguin 7
- 3 Meetre Badge

**BEGINNERS | ORANGE HATS**

**WHAT DO THEY LEARN?**
Children will develop their water safety knowledge and have the skills to safely submerge, travel front and back and progress rotation skills.

**AWARDS**
- Penguin 8
- 10 Meetre Badge
- National Plan Stage 1

**ADULT & CHILD**

**WHAT DO THEY LEARN?**
Enjoy songs and games to introduce your child to water, building confidence in the water to help them move onto the Penguin swimming programme.

**AWARDS**
- Starfish 1
- Starfish 2
- Starfish 3
- Starfish 4
- Starfish 5
- Starfish 6
- Adult & Child
- Penguin 1
- 2 years plus

**ADVANCED | BLUE HATS**

**WHAT DO THEY LEARN?**
Your child will develop a better understanding of buoyancy and refine skills such as sculling, treading water and complete rotations. All strokes will be completed to a high standard.

**AWARDS**
- 100 Meetre Badge
- National Plan Stage 6
- National Plan Stage 7
- 50 Meetre Badge
- National Plan Stage 4
- National Plan Stage 5
- Personal Survival 1
- Personal Survival 2

**ADVANCED | PURPLE HATS**

**WHAT DO THEY LEARN?**
In this level children develop effective stroke techniques up to 100m and incorporate the skills learnt so far and learn how to combine those into an effective training routine.

**AWARDS**
- 200 Meetre Badge
- 400 Meetre Badge
- National Plan Competitive Swimming Stage 8
- Bronze Award
- Silver Award
- Gold Award
- Honours

**BEGINNERS | GREEN HATS**

**WHAT DO THEY LEARN?**
This level will see your child develop to their National Plan Stage 2 award. They will develop their basic breathing techniques and start basic breaststroke.

**AWARDS**
- 15 Meetre Badge
- 20 Meetre Badge
- 25 Meetre Badge
- National Plan Stage 3
- Bronze Award
- Silver Award
- Gold Award
- Honours

**BEGINNERS | YELLOW HATS**

**WHAT DO THEY LEARN?**
Your child will develop a better understanding of buoyancy and refine skills such as sculling, treading water and complete rotations. All strokes will be completed to a high standard.

**AWARDS**
- 200 Meetre Badge
- 400 Meetre Badge
- National Plan Competitive Swimming Stage 8
- Bronze Award
- Silver Award
- Gold Award
- Honours

**IMPROVERS | GREEN HATS**

**WHAT DO THEY LEARN?**
National Plan Stage 3 will test water safety skills and will focus on rotation, gliding and submersion skills as well as their effective stroke skills.

**AWARDS**
- 25 Meetre Badge
- National Plan Stage 3
- 25 Meetre Badge
- National Plan Stage 3

**IMPROVERS | BLUE HATS**

**WHAT DO THEY LEARN?**
Your child will develop a better understanding of buoyancy and refine skills such as sculling, treading water and complete rotations. All strokes will be completed to a high standard.

**AWARDS**
- 25 Meetre Badge
- National Plan Stage 4
- National Plan Stage 5
- Personal Survival 1
- Personal Survival 2

**ADVANCED | BLUE HATS**

**WHAT DO THEY LEARN?**
In this level children develop effective stroke techniques up to 100m and incorporate the skills learnt so far and learn how to combine those into an effective training routine.

**AWARDS**
- 200 Meetre Badge
- 400 Meetre Badge
- National Plan Competitive Swimming Stage 8
- Bronze Award
- Silver Award
- Gold Award
- Honours

**IMPROVERS | YELLOW HATS**

**WHAT DO THEY LEARN?**
This level will see your child develop to their National Plan Stage 2 award. They will develop their basic breathing techniques and start basic breaststroke.

**AWARDS**
- 15 Meetre Badge
- 20 Meetre Badge
- 25 Meetre Badge
- National Plan Stage 3
- Bronze Award
- Silver Award
- Gold Award
- Honours
Once you have been allocated a swimming lesson day and time, please go to reception before the first lesson so you can pick up your swimming lesson access card. This will allow you quick access to the centre and allow you to register for our Learn2 portal (see page 9 for more details). Your child will need to wear a swimming costume or shorts, and will need a towel and any toiletries needed for changing afterwards.

**Before the Lesson**

- 1 Piece Swimming Costume/Trunks/Shorts (nothing loose fitted below the knee)
- Leggings and long sleeve tops are allowed under swimming costume (no loose clothing)
- Correct coloured Oudham Community Leisure Swimming Hat (replacement hats are chargeable)
- Blue Hat and above can wear goggles (Can wear earlier for medical reasons only)
- No jewellery to be worn (unless it is a medical alert or for religious reasons which will not interfere in the lesson, or cause a health and safety issue – This will be at the teachers discretion)
- Swimming nappy must be worn if your child is not toilet trained
- No inflatable vests or arm bands

**What to wear in Lessons**

- ✔ 1 Piece Swimming Costume/Trunks/Shorts (nothing loose fitted below the knee)
- ✔ Leggings and long sleeve tops are allowed under swimming costume (no loose clothing)
- ✔ Correct coloured Oudham Community Leisure Swimming Hat (replacement hats are chargeable)
- ✔ Blue Hat and above can wear goggles (Can wear earlier for medical reasons only)
- ✔ No jewellery to be worn (unless it is a medical alert or for religious reasons which will not interfere in the lesson, or cause a health and safety issue – This will be at the teachers discretion)
- ✔ Swimming nappy must be worn if your child is not toilet trained.
- ✔ No inflatable vests or arm bands. We will provide aids.

**What to bring to the Lesson**

- ✔ Turnstile/active card
- ✔ Correct swimming attire
- ✔ Swimming hat
- ✔ Towel
- ✔ Bottle of water for development classes (no glass)
- ✔ Shower supplies if wanting to use the shower after
- ✔ £1.00 for locker use
- ✔ Money for badge if email has been received

**During the lesson**

Lessons are 30 minutes long, which we have found to be very effective as young children learn very quickly. However, it can help if you take your child swimming in between lessons to practice skills learnt within their lesson and maintain their swimming enthusiasm.

Lessons are structured, but like in the early years at school, play is a key feature in ensuring they get the most out of the programme and enjoy their first experience of swimming. When children are young it can be hard for them to concentrate for long periods of time and play makes it much more interesting and fun. Play also encourages confidence in the water that in turn aids progression. Lessons become more structured as children develop skills and confidence in the water.

_TIP_ If you pay for your child’s swimming lessons by Direct Debit, they can swim for free outside of their lessons.
Progression Through the Course

Each step within the scheme provides clear guidance on what children need to achieve before progressing through to the next level.

We assess children regularly which is done as part of the lesson so children are not placed under pressure at any time. Children who successfully complete an award will be sent an email to the address on the child’s account so the parent or guardian can purchase a badge and receive a certificate at reception. Once your child is ready to move up a stage we will contact you with revised class information and times.

Progress Tracking with Learn2

Learn2 is an online portal that uses electronic registration and assessment to make it easier for you to track your child’s progress through the scheme.

Our Swim Teachers use iPods on poolside to record each child’s attendance and progress, which parents can then view through the Learn2 Portal.

**LEARN2 LETS YOU:**
- View your child’s progress with regular updates, attendance records and areas for improvement
- Have one account for multiple children – so you can track each of your children’s progress through the same account
- Move up to the next class stage upon successful progression
- Pay for your child’s swimming lessons in blocks of 10
- Notify you of completion of each stage so you can then order certificates and badges from the main reception.

How to register for Learn2

**STEP 1**
You can register your child by visiting [www.oclaceactive.co.uk/my-learn2](http://www.oclaceactive.co.uk/my-learn2), clicking the Register Now button and entering your ID number which can be found on the back of your Active Kids Swimming Lesson card. If you have already registered, you can log on by using your ID number or your email address, along with your chosen password.

**STEP 2**
Enter your child’s date of birth, and your email address and postcode. This information must match what we have on our system. To make sure your information is up to date, please complete a data collection form that can be found at any Oldham Active Centre reception. Parents can call the CCT line on 0161 207 7000 to update info or at Reception, if done online it won’t be immediate.

**STEP 3**
If you have more than one child attending Active Kids Swimming Lessons, you can register them by completing their details. You will then be able to view each child’s attendance, progress and certificates all under the same account.

Once you have completed the registration process, you can then choose your own password and verify your email address, this is where your notifications on payment, your child’s lesson information and progress will be sent.

Course Payment Options

There are two ways you can pay for your child’s swimming lessons, by direct debit or in blocks of 10 lessons in advance.

**PAYING BY DIRECT DEBIT**
Paying by direct debit is the simplest way to pay for your child’s lessons. You will be billed each month automatically without you needing to do anything further. If you would refer to pay this way, please visit [www.oclaceactive.co.uk/activekidsDD](http://www.oclaceactive.co.uk/activekidsDD) and and follow the steps online.

**PAYING IN BLOCKS OF 10 LESSONS**
You can pay for your child’s lessons in blocks of 10 sessions in advance, either at reception over the phone or via our Learn2 portal. Paying for your child’s swimming lessons is now quicker and easier using Learn2, removing the need to queue at reception. Simply login to the Learn2 Home Portal where you can pay online once you have 3 lessons remaining.
After the course has been completed

Once your child has developed through each stage and completed their Purple Hat lessons they can choose to continue with Oldham Active Kids Swimming Lessons, join a local swimming club, or both. Oldham Active has helped to develop the Oldham Aquatics Swim Team, which is the elite swim club within Oldham. Joining the team is by invitation only, if you have any further questions then please contact the Head Coach Mark Lord on coachmark@oldhamaquatics.co.uk

LOCAL SWIMMING CLUBS

Your child could also join a local swimming club to help them train at a competitive level and advance further. Each swim club has a different entry level so please contact them directly for more information.

- Oldham - secretary@oldhamseals.org
- Chadderton - chad.asc@ntlworld.com
- Saddleworth - sascadmin@gmail.com
- Royton & Crompton - info@teamorca.co.uk

The next stage of swimming lessons is Pre-Club where children will learn how to complete comprehensive drill sessions with correct technique on all turns between strokes, as well as achieving Bronze, Silver and Gold badges.

The course has been completed

Once your child has completed the Pre-Club stage, they can choose to continue with Oldham Active Kids Swimming Lessons, join a local swimming club, or both. Oldham Active has helped to develop the Oldham Aquatics Swim Team, which is the elite swim club within Oldham. Joining the team is by invitation only, if you have any further questions then please contact the Head Coach Mark Lord on coachmark@oldhamaquatics.co.uk

The next stage of swimming lessons is Pre-Club where children will learn how to complete comprehensive drill sessions with correct technique on all turns between strokes, as well as achieving Bronze, Silver and Gold badges.

**Adult Swimming Lessons**

At Oldham Active we also offer Adult Swimming Lessons for beginners, improvers and advanced swimmers.

These lessons are just for adults and are FREE to non-swimmers who are Oldham Active members or Active Card holders.

Once you have completed your 10 metres front and back you are no longer a beginner. You can then choose to move to ‘Improver’ then ‘Advanced’ classes which are available at most centres. (Improvers & Advanced lessons are chargeable)

**ADULT BEGINNER LESSONS**

This class is aimed at helping you feel more relaxed and comfortable in the water, and to reduce any fears or concerns you may have. You will gain basic water confidence and develop your skills to complete a 10 metre badge.

**ADULT IMPROVERS LESSONS**

Once you are able to swim 10 metres, you can move onto our Improver lessons, which introduces you to new swimming strokes and allows you to learn new skills like treading water, to help you feel more confident in deeper water.

These lessons are perfect for people who can already swim, but who maybe haven’t been in the pool for a while, and would like to brush up on their skills. We cover a wide range of different skills in these classes.

**SWIM FIT SESSIONS**

Come along to an instructor led session to improve fitness and stamina.

**TRI FIT SESSIONS**

Are you working towards a specific goal? Try our new tri fit session. An instructor led session to improve technique, speed and stamina to reach your personal goals.

**ADULT ADVANCED LESSONS**

To find out more about our Adult Swimming Lessons or how to enroll, please call 0161 207 7000.
We offer specialised one-to-one and two-to-one lessons that are perfect for children who are especially nervous about our lessons, have a fear of water or have disabilities.

Our instructors are encouraging, patient and friendly, and will work with your child to help them gain confidence and have fun in the water.

Please ring 0161 207 7000 for more information about our one-to-one classes and to find out when we have sessions available.

PARENT AND BABY CLASSES

Parent and baby sessions are a fun way of introducing babies/pre school children to water. The session is led by an instructor and aims to be fun and interactive, with songs and games to build confidence and a close relationship with parent and baby.

PARENT AND CHILD CLASSES

Parent and child sessions are designed for children aged 2 years plus. The classes include songs and games to introduce your child to water, build their confidence and then help them progress onto our swimming programmes.

Our Intensive Learn to Swim courses are for non-swimmers and beginners. We offer these courses during the school holidays. Please check in centre for times and dates available.

Intensive Learn to Swim courses aim to speed up children’s swimming progress with an intensive batch of 4 or 5 lessons, held Monday to Friday. These sessions are great to boost your child’s confidence in the water and are a real confidence boost before family holidays.

For more information on our latest courses please ring 0161 207 7000 for more information.
Swimming is an excellent form of low-impact cardiovascular exercise for the whole body. Children’s bodies are constantly changing as they develop and grow. It is important they gain enough exercise to burn off excess energy and fat. Burning off this excess energy will help your child get a good night’s sleep, which has numerous benefits in itself.

Swimming also helps to develop strong bones and muscles, and promotes flexibility and co-ordination. According to recent research commissioned by Speedo, swimming can also help to reduce stress and relieve tension. It is important however, that children learn how to respect water as early as possible, as even the most confident of swimmers can get into trouble in the water. Children should always be supervised around water, even once they have learnt how to swim.

Here are the Top 5 Benefits of Knowing How to Swim (For Kids):

1. **FITNESS**
   - Participating in a sport reduces the risk of childhood obesity, which is also linked to juvenile diabetes. Swimming is great because of the cardiovascular benefits that promote heart and lung health — and it’s an activity that can be done solo or on a team, any time of year! That means no worries about the weather outside.

2. **STRENGTH AND COORDINATION**
   - Though swimming is generally an individual sport, swimming lessons will give your child an opportunity to develop their social skills. These include how to act appropriately around other people, how to respect other people’s space, that everyone has a different body and learns at a different rate.

3. **WATER SAFETY**
   - One of the most beneficial parts of swimming is that it teaches your child how to stay safe in and around water. It’s one of the biggest reasons to NOT let your child quit swim lessons. Your child will be prepared should anything happen in the water. At Oldham Active, teaching water safety is one of our priorities and it is why we pride ourselves on having WOW customer service!

4. **CONFIDENCE AND MOTIVATION**
   - When’s the last time you were near a pool and you heard someone yell out, “MARCO!” Well, when your kids learn how to swim, they’ll be able to confidently say “POLO!” in response. Swimming is a great way to teach your kids motivation and how to strive for more where they learn these 5 Things Every Kid Should Know How to Do in the Water — because they’ll see how much stronger they’re getting, as they can swim farther across the pool and do more fun stuff with friends (like dive for rings!).

5. **HEALTH**
   - Participating in a sport reduces the risk of childhood obesity, which is also linked to juvenile diabetes. Swimming is great because it’s a low-impact activity that increases flexibility (while also improving balance and posture) and remains the sport least likely to cause injuries in kids. And that’s one less thing to worry about when the kids are playing, right, Mom?! That’s something to celebrate!

---

**Health & Safety**

Swimming is an excellent form of low-impact cardiovascular exercise for the whole body. Children’s bodies are constantly changing as they develop and grow. It is important they gain enough exercise to burn off excess energy and fat. Burning off this excess energy will help your child get a good night’s sleep, which has numerous benefits in itself.

Swimming also helps to develop strong bones and muscles, and promotes flexibility and co-ordination. According to recent research commissioned by Speedo, swimming can also help to reduce stress and relieve tension. It is important however, that children learn how to respect water as early as possible, as even the most confident of swimmers can get into trouble in the water.

Children should always be supervised around water, even once they have learnt how to swim.

**SELF-CONFIDENCE AND LIFE SKILLS**

With every new stroke a child learns they will be developing self-confidence and a sense of accomplishment. Learning to swim will also help your child learn how to set goals and persevere until they have reached their target. Swimming is also a great means of showing your child what they can achieve with dedication and regular practice. Research has also shown that swimming can make us feel more confident about the way we look.

**SOCIAL BENEFITS**

Though swimming is generally an individual sport, swimming lessons will give your child an opportunity to develop their social skills. These include how to act appropriately around other people, how to respect other people’s space, that everyone has a different body and learns at a different rate.

**FUN AND ENJOYMENT**

Many children take great pleasure from splashing around in water, whether it be in a bath, paddling pool, swimming pool or in the sea. Visit your local swimming pool and you will hear children squealing with delight as they explore a water-world of fun and enjoyment. Swimming can also be a great opportunity for you to spend quality time with your child, meaning you can both enjoy these benefits together.

---

Do you remember the thing where you have to pat your head and rub your tummy at the same time? (Did you just try it?) That takes some definite coordination, much like swimming: You need to synchronize what your arms and legs are doing, along with coordinating your breathing and other body movements. Swimming helps with coordination and strength in other, out-of-water situations as a result.

---

**Water Safety**

One of the most beneficial parts of swimming is that it teaches your child how to stay safe in and around water. It’s one of the biggest reasons to NOT let your child quit swim lessons. Your child will be prepared should anything happen in the water. At Oldham Active, teaching water safety is one of our priorities and it is why we pride ourselves on having WOW customer service!
Ever see a flabby dolphin or a weak-looking competitive swimmer? We didn’t think so. Swimming is a great way to increase muscular strength and muscle tone — especially compared to several other aerobic exercises. Take running, for example. When a jogger takes a few laps around the track, that jogger is only moving his or her body through air. A swimmer, on the other hand, is propelling himself through water — a substance about twelve times as dense as air (source: Yeager). That means that every kick and every arm stroke becomes a resistance exercise — and it’s well known that resistance exercises are the best way to build muscle tone and strength.

There’s yet another bonus of a watery workout: Swimming has also been shown to improve bone strength — especially in post-menopausal women.

For some time, some people thought that because water is generally cooler than our body temperatures, it would be difficult to lose weight with a water workout. Like many old ideas about exercise, this has since been revised: Swimming is now recognized as one of the biggest calorie burners around, and it’s great for keeping weight under control.

The exact number of calories you burn, of course, depends on your own physiology and the intensity with which you exercise, but as a general rule, for every 10 minutes of swimming: the breast stroke will burn 60 calories; the backstroke torches 80; the freestyle lights up 100; and the butterfly stroke incinerates an impressive 150.

To boost the calorie-burning component of swimming, consider using intervals in which you work your hardest for short bursts and then recover. One way to structure this kind of workout would be to swim 50 yards (45.7 metres) then rest for 10 seconds, then 100 yards (91.4 metres) with a 10-second rest, then 150 yards (137.1 metres) — all the way up to 300 yards (274.3 metres) with rests in between. When you reach 300 yards, reverse the pattern.

Swimming puts the body through a broad range of motion that helps joints and ligaments stay loose and flexible. The arms move in wide arcs, the hips are engaged as the legs scissor through the water, and the head and spine twist from side to side. Plus, with every stroke, as you reach forward, you’re lengthening the body, which not only makes it more efficient in the water, it also helps you give you a good stretch from head to toe.

To improve your flexibility beyond the natural gains you’ll make by swimming, you might also want to finish your pool workout with a series of gentle stretches. The support of the water should help you maintain positions involving tricky balance — such as a quadriceps stretch — for longer periods of time.

In addition to toning visible muscles like pectorals, triceps and quads, swimming also helps improve the most important muscle in our bodies: the heart. Because swimming is an aerobic exercise, it serves to strengthen the heart, not only helping it to become larger, but making it more efficient in pumping — which leads to better blood flow throughout your body. Research also shows that aerobic exercise can combat the body’s inflammatory response as well — a key link in the chain that can lead to heart disease (source: Columbia University Medical Center).

If that’s not enough to get you moving in the pool, the American Heart Association reports that just 30 minutes of exercise per day, such as swimming, can reduce coronary heart disease in women by 30 to 40 percent. Additionally, an analysis by the Annals of Internal Medicine showed that regular aerobic exercise could reduce blood pressure.

1. **INCREASED MUSCLE TONE & STRENGTH**

2. **IMPROVED FLEXIBILITY**

3. **A HEALTHIER HEART**

4. **WEIGHT CONTROL**

5. **IMPROVED ASTHMA SYMPTOMS**
We Also Offer

 SPLASH SESSIONS
 Splash sessions are a favourite with children of all ages. Using a variety of inflatables, floats and toys to make this a fun and enjoyable swimming experience.

 POOL PARTIES
 Our popular pool parties mean you can celebrate in style and have lots of fun with friends and family.
 Pool parties are available at most of our Active Centres. Please ring our contact centre on 0161 207 7000 for more information and how to book.

 FAMILY SWIM SESSIONS
 A session specifically designed for ALL the family. Providing a great opportunity to have fun in a safe and supportive environment. Great for helping children build confidence in the water.

 Chadderton Wellbeing Centre
 Failsworth Sports Centre
 Oldham Leisure Centre
 Royton Leisure Centre
 Saddleworth Pool & Leisure Centre

 www.oclactive.co.uk

 Oldham Active Kids Swimming Lessons - Enquiry Form

 Name of Child: 
 Address: 
 Area: 
 Postcode: 
 Tel (Home): 
 Tel (Work): 
 Email: 
 Date of Birth: 
 Gender: Male Female
 Ethnic origin: 
 White Black/ Black British Asian/ Asian British
 Mixed African Indian
 White & Black Caribbean Caribbean Pakistani
 White and Black African Other Bangladeshi
 Other Other
 Present ability: (Please tick which applies to your child)
 Non Swimmer Can Swim 5 Metres Can Swim 10 Metres Can Swim 25-50 Metres
 Can Swim 100-200 Metres Can Swim more than 200 Metres

 At present swimming tuition is offered at the following facilities:
 Oldham Leisure Centre, Chadderton Wellbeing Centre, Failsworth Sports Centre, Saddleworth Pool & Leisure Centre and Royton Leisure Centre.

 Please indicate which would be your most suitable facility to get lessons at:

 1st: 
 2nd: 
 3rd: 

 Does your child have any medical conditions that we need to be aware of:
 Yes No
 If yes, please provide details:

 Please see overleaf for further questions.
**Oldham Active Kids Swimming Lessons - Enquiry Form**

- **Name of Child:** 
- **Address:** 
- **Area:** 
- **Email:** 
- **Tel (Emergency):** 
- **Tel (Home):** 
- **Tel (Work):**
- **Mobile:**
- **Postcode:**

**Present ability:**

- Non Swimmer
- Can Swim 5 Metres
- Can Swim 10 Metres
- Can Swim 25-50 Metres
- Can Swim 100-200 Metres
- Can Swim more than 200 Metres

At present swimming tuition is offered at the following facilities:

- Oldham Leisure Centre
- Chadderton Wellbeing Centre
- Failsworth Sports Centre
- Saddleworth Pool & Leisure Centre
- Royton Leisure Centre

Please indicate which would be your most suitable facility to get lessons at:

- White
- Mixed
- White & Black Caribbean
- White and Black African
- White and Asian
- Other
- Black/Black British
- African
- Caribbean
- Other
- Asian/Asian British
- Indian
- Pakistani
- Bangladeshi
- Other

**Ethnic origin (please ✓):**

**Gender (please ✓):** Male Female

**Date of Birth:** //DD MM YYYY

Does your child have any medical conditions that we need to be aware of:

- Yes
- No

If yes, please provide details

**Signature:** 

**Date:** //DD MM YYYY

---

**FOR OFFICE USE:**

- Date Application Received:

- Name of Child:

- Name of Teacher:

- Date Commenced: //DD MM YYYY / Time: //AM / PM

- Day:

- Centre Name:

**Confirmation of offer to (name):**

**For a place on the swimming tuition scheme at (centre):**

**On (day):**

**At the time of:**

**On:**

**The commencement date of this course is:**

**The enrolment fee is:** £ and must be paid prior to the commencement of lessons.