

Spring Term Application Form

Name of Applicant:

D.O.B:

Membership No:

Address:

Home Telephone:

Work Telephone:

Course	Day/Time	No. of places	Cost	Allocation <i>(Office use only)</i>

Signature of Applicant:

Payment Method (please tick relevant box)

Cash

Receipt Number:

Cheque

Cheque Number:

Credit Card

Card Number:

Valid From:

Expiry Date:

Issue Number:

DATA PROTECTION ACT:

Information contained in this form will be processed by computer as required by the authority for operational, managerial and associated purposes.

Please make cheques payable to: Fusion Lifestyle LTD.

Customers will be advised of exclusion dates/alterations upon booking.

Telephone: 01372 377674 Fax: 01372 386749

Leatherhead Leisure Centre, Guildford Road, Leatherhead, Surrey KT22 9BL

Email: leatherhead@fusion-lifestyle.com www.leatherheadleisurecentre.com

Leatherhead Leisure Centre

Spring Courses 2010



 MoleValley
District Council

 MoleValley
District Council

Operated for Mole Valley
District Council by Fusion



Swimming Lessons for children

Dates: Monday 4 January – Saturday 15 May 2010

Excluding: 15-20 Feb, 30-31 March, 1-10, 12-17 April & 3 May

Spring term

15 week course

Swimming Lesson Standards

Beginner

These courses develop water confidence and unaided swimming to a minimum of 10 metres front and back. Introduction to breaststroke.

Improver Green

Continuing basic swimming techniques, building stamina to include 25 metres front crawl, backstroke and breaststroke. Introduction to butterfly.

Improver Blue

Developing the four main strokes with emphasis on correct breathing technique. Introduction to survival techniques and synchro.

Intermediate

Competency in all strokes, introducing turns and skills towards synchro and diving.

Advanced Green

Extension of stroke work. Further survival and lifesaving skills.

Advanced Blue

Advancing proficiency of the four main strokes and complementary skills.

Leatherhead Lifesavers

Progressive lifesaving, water safety skills and information for young people between the ages of 8 - 16. Includes the RLSS Rookie Lifeguard programme, Bronze Medallion and Award of Merit.

Diving Courses for children

Dive 1: Beginner

Working for stages 8, 9 & 10.

Dive 2: Intermediate

Working for Levels 1, 2 & 3.

Dive 3: 1 Metre board skills

Working for Levels 4, 5, 6 & 7.

All pupils wishing to take part in Diving courses must have reached at least National Teaching Plan Stage 7 (intermediate). No goggles permitted.

Adult Swimming Lessons

Adult Non Swimmer and Beginners

The aim of these courses is to build up confidence and teach front and back strokes up to 10 metres. The courses should be taken in succession.

Adult Length 1

In order to join this course an adult must be able to swim 15 metres front crawl or breast stroke and 10 metres back stroke. The aim of the course is to improve front crawl to a minimum of 25 metres standard. It is held in the main pool.

Adult Length 2

In order to join this course an adult must be able to swim 25 metres front crawl or breast stroke and 25 metres back stroke. The aim of the course is to develop the strokes of front, back and breast strokes to a minimum of 50 metres standard and is held in the main pool.

Elite Awards

These courses cover fitness skills and drills. The programme is very varied and covers many different aspects of swimming.

To join the elite courses you would have needed to reach the Advance Blue stage of our swimming courses or equivalent. An assessment by the swimming coach will be given before joining the group

*Elite courses encourage pupils to be responsible for their own swimming performance to promote skills and technique required to gain the Complete Swimmer Award and the Elite Swimmer Award.



15 Week Swimming Courses**Monday 4 January – Monday 10 May**

Excluding 15 Feb, 5 & 12 April & 3 May

Class Name	Time	Cost Per Course Member	Cost Per Course Non- Member
Beginner	17.00 - 17.30	£81.00	£91.50
Beginner	17.30 - 18.00	£81.00	£91.50
Improver Green	18.00 - 18.30	£81.00	£91.50
Improver Green	18.30 - 19.00	£81.00	£91.50
Improver Blue	17.00 - 17.30	£81.00	£91.50
Improver Blue	17.30 - 18.00	£81.00	£91.50
Intermediate	17.00 - 17.30	£81.00	£91.50
Advanced Green	17.30 - 18.00	£81.00	£91.50
Dive 1* Beginner	17.00 - 17.30	£81.00	£91.50

Tuesday 5 January – Tuesday 11 May

Excluding 16 Feb, 30 March, 6 & 13 April

Class Name	Time	Cost Per Course Member	Cost Per Course Non- Member
Beginner	16.30 - 17.00	£81.00	£91.50
Beginner	17.00 - 17.30	£81.00	£91.50
Improver Green	17.30 - 18.00	£81.00	£91.50
Improver Green	18.00 - 18.30	£81.00	£91.50
Leatherhead Lifesavers	17.00 - 18.30	£172.50	£172.50

starting on Tues 12 January and no exclusion date on 30 March

Wednesday 6 January – Wednesday 12 May

Excluding 17 Feb, 31 March, 7 & 14 April

Class Name	Time	Cost Per Course Member	Cost Per Course Non- Member
Beginner	16.00 - 16.30	£81.00	£91.50
Beginner	16.30 - 17.00	£81.00	£91.50
Beginner	17.00 - 17.30	£81.00	£91.50
Improver Green	17.30 - 18.00	£81.00	£91.50
Improver Green	18.00 - 18.30	£81.00	£91.50
Improver Blue	16.30 - 17.00	£81.00	£91.50
Advanced Green	18.30 - 19.00	£81.00	£91.50

Thursday 7 January – Thursday 13 May

Excluding 18 Feb, 1, 8 & 15 April

Class Name	Time	Cost Per Course Member	Cost Per Course Non- Member
Beginner	16.30 - 17.00	£81.00	£91.50
Beginner	17.00 - 17.30	£81.00	£91.50
Improver Green	17.30 - 18.00	£81.00	£91.50
Improver Green	18.00 - 18.30	£81.00	£91.50
Improver Blue	16.30 - 17.00	£81.00	£91.50
Improver Blue	17.00 - 17.30	£81.00	£91.50
Intermediate	16.30 - 17.00	£81.00	£91.50
Advanced Green	17.00 - 17.30	£81.00	£91.50
Dive 1* Beginner	16.30 - 17.00	£81.00	£91.50
Dive 2* Intermediate	17.00 - 17.30	£81.00	£91.50
Dive 3* metre board skills	17.30 - 18.00	£81.00	£91.50

Friday 8 January – Friday 14 May

Excluding 19 Feb, 2, 9 & 16 April

Class Name	Time	Cost Per Course Member	Cost Per Course Non- Member
Beginner	16.30 - 17.00	£81.00	£91.50
Beginner	17.00 - 17.30	£81.00	£91.50
Improver Green	17.30 - 18.00	£81.00	£91.50
Improver Green	18.00 - 18.30	£81.00	£91.50

15 Week Swimming Courses**Saturday 9 January – Saturday 15 May**

Excluding 20 Feb, 3, 10 & 17 April

Class Name	Time	Cost Per Course Member	Cost Per Course Non- Member
Beginner	16.30 - 17.00	£81.00	£91.50
Beginner	17.00 - 17.30	£81.00	£91.50
Advanced Green	16.30 - 17.00	£81.00	£91.50
Advanced Blue	17.00 - 17.30	£81.00	£91.50
Elite 1	17.00 - 17.45	£114.75	£131.25
Elite 2	17.45 - 18.30	£114.75	£131.25
Adult Length 1	17.30 - 18.00	£82.50	£92.25
Adult Length 2	17.30 - 18.00	£82.50	£92.25
Adult non swimmer	18.00 - 18.30	£82.50	£92.25

2010 Training Courses

Course Name	Date	Time	Class Name	Price
NPLQ Courses	15 February – 19 February	09.00 - 18.00	NPLQ	£200.00
	12 April – 16 April	09.00 - 18.00	NPLQ	£200.00
NRASC Course	04 & 05 January	09.30 - 16.00	NRASC Course	£130.00
NRASC Course	19 April	09.30 - 16.00	Renewal	£80.00

NPLQ National Pool Lifeguard Qualification Course

NRASC National Rescue Award for Swimming Teachers and Coaches

**REFUND POLICY:**

Refunds or part refunds will only be considered in cases of illness and then only on production of doctors certificate. Please note that a £5.00 fee will be charged on all refunds for administration purposes.

Spring Term 2010 - Dry Courses

Class Name	Date	Cost Per Course Member	Cost Per Course Non-Member
Pilates			
Pilates 6 week course	Tuesday 10.30-11.30 5 January - 9 February	£31.80	£35.40
Pilates 6 week course	Wednesday 09.30-10.30 6 January - 10 February	£31.80	£35.40
Pilates 6 week course	Thursday 19.00-20.00 7 January - 11 February	£31.80	£35.40
Pilates 5 week course	Tuesday 10.30-11.30 23 February - 23 March	£26.50	£29.50
Pilates 5 week course	Wednesday 09.30-10.30 24 February - 24 March	£26.50	£29.50
Pilates 5 week course	Thursday 19.00-20.00 25 February - 25 March	£26.50	£29.50
Yoga			
Yoga 6 week course	Wednesday 18.30-20.00 6 January - 10 February	£47.70	£53.10
Yoga 5 week course	Wednesday 18.30-20.00 24 February - 24 March	£39.75	£44.25
Badminton			
Badminton 11 week course	Wednesday 09.30-10.30 6 January - 24 March Excluding 17 Feb	£60.50	£68.75
Trampolining - 11 weeks			
Junior Trampolining Lvls 1-2	Tuesday 16.00-17.00 5 January - 23 March - Excluding 16 Feb	£62.70	£68.75
Junior Trampolining Lvls 2-3	Tuesday 17.00-18.00 5 January - 23 March - Excluding 16 Feb	£62.70	£68.75
Junior Trampolining Lvls 3-4	Tuesday 18.00-19.00 5 January - 23 March - Excluding 16 Feb	£62.70	£68.75
Junior Trampolining Lvls 1-2	Thursday 16.00-17.00 7 January - 25 March - Excluding 18 Feb	£62.70	£68.75
Junior Trampolining Lvls 3-4	Thursday 17.00-18.00 7 January - 25 March - Excluding 18 Feb	£62.70	£68.75
Junior Trampolining Lvls 3-4	Thursday 18.00-19.00 7 January - 25 March - Excluding 18 Feb	£62.70	£68.75
Adult Tramp	Tuesday 19.00-20.00 5 January - 23 March - Excluding 16 Feb	£68.20	£75.35

Spring Term 2010 - Dry Courses

Class Name	Date	Cost Per Course Member	Cost Per Course Non-Member
Baby Massage - for babies 8 months and under			
5 week course	Thursday 10.00-11.00 14 January - 11 February	£50 per course	£50 per course
5 week course	Thursday 10.00-11.00 25 February - 25 March	£50 per course	£50 per course
Baby Yoga - for babies 8 months - 2 years			
5 week course	Thursday 11.15-12.00 14 January - 11 February	£40 per course	£40 per course
5 week course	Thursday 11.15-12.00 25 February - 25 March	£40 per course	£40 per course

Description of dry courses and equipment required**BADMINTON**

Equipment required: white soled sports shoes and racquet. Some racquets may be hired from main reception though numbers may be restricted.

PILATES

This highly recommended fitness discipline lengthens muscles, improves posture, flattens your abs and strengthens your back - tones your body to its optimum. Suitable for any age or fitness level. Not suitable for pregnant women.

TRAMPOLINING

Level 1 for Awards 1-5 | Level 2 for Awards 6-7 | Trampoline Level 3 for awards 8-10 and level 4 for awards 11+. Please note you must complete the awards in consecutive order. Age 7 years and upwards (under 8's must be accompanied by an adult). Equipment required: Trampolining shoes or cotton socks and tracksuits.

YOGA

Iyengar Yoga, a form of Hatha Yoga originating from India. Postures include standing, sitting and recuperative. Creates a feeling of well-being, with benefits such as improved stamina, flexibility, concentration and stillness, and is good for sufferers of stress. **Not suitable for pregnant ladies new to yoga. Wear comfortable loose clothing.**

BABY MASSAGE AND BABY YOGA

These classes offer a mixture of Baby massage, reflexology and yoga and each class offers different songs and ideas for mums in a very relaxing environment.

