

Adult IMPROVERS (Masters 1) booking and re-booking form



Autumn term 2011

Adult IMPROVERS Masters 1.

This is for serious Adult swimmers (over 18) who want to improve their stroke technique and stamina.

TERM Start date is – Friday 16th September 2011.

This is not "Learn to swim " but for competent swimmers only, this friendly and enjoyable session aims to help improve stroke technique, introduce and improve correct starts & turns, build stamina and swimming fitness. Various training programmes will also be introduced.

Once you have mastered your strokes and turns you can move up to the Adult MASTERS 2 section and train twice weekly.

Friday evening at Dorking Leisure Centre in Dorking (term time only) between 8.30pm – 9.30pm. **First session Friday 16th September 2011** - See below for dates.

[ASA Level 2 Teacher Jackie Tilstone.](#)

The cost this term will be £88.50 payable when booking or re-booking.
The maximum number of adults will be 12 on a first come first served basis.
Priority is given to existing pupils.

To book or re-book complete the MASTERS 1 form below and return it to Conrad together with full payment.

[Autumn term dates for Adult IMPROVERS Masters 1.](#)

Friday at Dorking leisure centre 8.30pm – 9.30pm

September 16 – 23 – 30
October 7 – 14 – 21
November 11 – 18 – 25
December 2

----- ✂ ----- Cut here and return to address below ----- ✂ -----
Adult IMPROVER Masters 1

Full Name

Contact details

Home

Mobile

e-mail

I the undersigned declare that I am in good health and understand that Box Hill SC cannot accept responsibility for injury or loss of personal possessions.

Signature

Date

[Cheques payable to - BOX HILL SC](#)

Please return completed form with *£88.50 to
Conrad Cawley - Box Hill SC - 59 Cumberland Avenue - Guildford - GU2 9RQ

* This fee is non-refundable