

Progress Swim lessons for the Autumn term will be groups of 4 max. and will begin on Tuesday 7<sup>th</sup> September 2021 and end on Saturday 11<sup>th</sup> December 2021. There will be no swimming during the week of half term; Monday 18<sup>th</sup> October - Sunday 31<sup>st</sup> October 2021.

**The 12-week course will cost £123.** Your completed booking form and payment should be received **as soon as possible** in order to process your booking prior to the start of the new term.

Group sizes will be reviewed for Spring term 2022.

### New COVID-19 processes

- One parent/carer per child will be allowed to supervise their child during swimming lessons.
- Swimmers will come to the pool 'beach ready' with swim wear worn under clothing.
- No changing facilities after lessons, please bring warm and easy clothing to put on over wet swimwear.
- There will be no access to the changing rooms before or after the lesson, except if you need to use the toilet facility.
- Swimmers will be encouraged to shower at home prior to and after their lesson to minimise the amount of time spent poolside.
- All Swimming Teachers will deliver their lessons from the poolside. Additional buoyancy aids will be used to ensure your child's safety, there will be no teaching in the pool.

<b>PARENT &amp; BABY (SEAHORSES)</b>	Monday	9:15 am 10:00 am
<b>3+ YEAR OLD (DOLPHINS)</b> Duckling Award Stage 1	Tuesday Thursday Saturday	4:00pm 4:00pm 9:45am, 10:30am and 11:15am
<b>FULL TIME SCHOOL (SHARKS)</b> Stages 1 to 4	Tuesday Thursday Saturday	4:00pm and 4:45pm 4:45pm 9:00am and 9:45am

Telephone Mrs Suzanne Ryall on: 01234 369555  
email: [enquiries@pilgrims-school.org.uk](mailto:enquiries@pilgrims-school.org.uk)  
website: [pilgrims-school.info](http://pilgrims-school.info)

## BOOKING

We are now operating a **FIRST-COME, FIRST-SERVED** booking system. Payment must be provided with your form, to secure your place. You will be notified (via email) if your child's booking **has not been successful** and so we can offer an alternative session.

### COSTS

Cost for the 12-week term is £123. Places cannot be allocated until full payment has been received. Please make your cheque payable to **'Pilgrims Pre Prep'**. Please note that payments are non-refundable. Payment in cash is also accepted, although parents should be aware that change cannot always be provided at the time payment is made, nor a receipt.

### HOW TO BOOK

Please complete the attached booking form and return it with your payment to Pilgrims School at the address listed below, or hand deliver to the school Reception or one of the Swimming Teachers. Payment **must** be supplied with the booking form.

Please ensure you include your email address/mobile number on the Personal Details form; should it be necessary to cancel a lesson, we will contact you using email and/or text.

### One to One sessions

If you are interested in 1-2-1 swim sessions please speak to one of the swimming teachers and we will accommodate where we can. The cost is £21.50 per session (£258 for the 12-week term).



ALL THE CHILDREN IN SHARKS AND DOLPHINS ARE REQUIRED TO WEAR A SWIMMING HAT AND ALL BOYS ARE ASKED TO WEAR SWIMMING TRUNKS AND NOT SHORTS.



CHILDREN IN SEAHORSES ARE REQUIRED TO WEAR THE 'HAPPY NAPPY' SYSTEM, WHICH IS A DISPOSABLE SWIMMING NAPPY WITH A NEOPRENE OVER-NAPPY.



CHILD'S NAME:

DOB:

I would like to book the following session for my child.

**PARENT AND BABIES (SEAHORSES)**

	9:15 am	10:00 am
MONDAY		

**3+ YEAR OLDS (DOLPHINS) - working towards Duckling 1 to 4 and Stage 1**

	4:00pm	9:45am	10:30am	11:15am
TUESDAY		N/A	N/A	N/A
THURSDAY		N/A	N/A	N/A
SATURDAY	N/A			

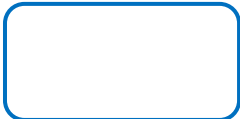
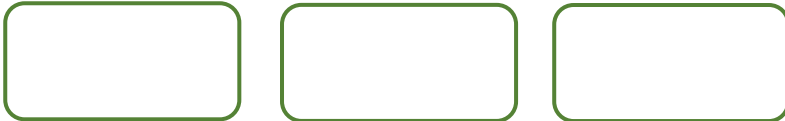
**SHARKS - working towards Stages 1 to 4**

	4:00pm	4:45pm	9:00am	9:45am
TUESDAY			N/A	N/A
THURSDAY	N/A		N/A	N/A
SATURDAY	N/A	N/A		

**WAIVER FORMS**

Before your swim you will be asked to sign a waiver form to confirm that none of your family are displaying any of the following symptoms;

- High temperature
- A new continuous cough
- A loss of, or change in, your normal sense of taste or smell

Parent name:		
Home address:		
e-mail address		
Telephone:		
Mobile:		
Doctor's name / address / tel:		
2 <sup>nd</sup> emergency contact name & number:		
Please indicate below if there are any medical conditions we need to be aware of with regards to your child:		
Please indicate below if your child is a non- swimmer;	Please indicate below if your child has been awarded any badges:	
		
DUCKLINGS	STAGES / LEVELS	DISTANCE
PARENTAL SIGNATURE:	DATE:	

Please send your booking form and payment to:  
Progress Swim, Pilgrims Pre Prep School, Brickhill Drive, Bedford, MK41 7QZ