

# LE MOURIER SWIM SCHOOL & AQUATICS CENTRE

EST 1980



## CHILD SWIMMING SPRING TERM 2012

Pool Venues: St Lawrence, Les Ormes,  
& Langford  
Application form



[www.swimjersey.com](http://www.swimjersey.com)

### SPRING TERM DATES

Wednesday 4th January to Tuesday 27th March 2012

Half term: Monday 13th to Sunday 19th February 2012 (inclusive)

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## Le Mourier's Ripple Effect

A step by step guide through your child's swimming

All session delivered by full time, professional and highly qualified teachers using Internationally recognised awards schemes

Le Mourier Dolphins

Ripple 4  
Bronze, Silver, Gold Honors  
400m to 1000m

Ripple 3  
Swimming  
100m to 400m

Ripple 2  
Swimming  
5m to 100m

Ripple 1  
Parent & Baby to tra  
Beginner to 5m



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## **Ripple 1** **Parent & Baby to transition** **Beginner to 5m**

Our first ripple of swimmer starts from 10 weeks old where parents work with their children to gain maximum confidence and enjoyment from the water

Through transitional stages swimmers learn to use their natural reflexes and buoyancy to learn new skills to progress to swim unaided 5m between 3 to 4 years old. They then progress onto the next level.



## **Ripple 2** **Swimming** **5m to 100m**

Ripple 2 takes the confidence and basic skills forward to develop early stages of the four main strokes - Front Crawl, Back Crawl, Breaststroke and Fly leg action.

Further fun elements of under water work, jumping and games to name a few are also introduced to enhance the swimmers skills in the water. The 25m award is a benchmark to look out for as it is the first distance which has to be in a recognized stroke



## **Ripple 3** **Swimming** **100m to 400m**

Swimmers can now swim a relatively long way. The skills taught in the first stages of their swimming are now out to the test. We increase the technique level of the strokes to enable the swimmer to go further and faster. Stamina and technique are the key factors of Ripple 3. It builds on ability gives children more confidence to be able to do more aquatic activities Jersey has to offer!

Swimmers in Ripple 3 aim to complete their Bronze award to progress



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## Ripple 4

### Bronze, Silver, Gold Honors

#### 400m to 1000m

Swimmers can now stretch their fins!!!

In the largest of our venues the swimmer learn to maintain their stroke over larger distances and learn new techniques such as diving and tumble turns. The greater depth encourages swimmers to learn more underwater and therefore aquatic skills to maintain the school ethos of progressing swimmers in to those who may adapt to as many aquatic areas as possible

Gold is the aim for these swimmers and once achieved the world is literally their Oyster!

Swimmers can then progress on to become a Le Mourier Dolphin which is a club like group which leads into all sorts of activities Le Mourier can organise through the year



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## Le Mourier Dolphins Swimmers who hold Silver, Gold or Honors

Once swimmers have progressed through the Ripples then we come to the Aquatic Activity end of the school. Designed to be more of a club the Dolphins have a chance to come to different aquatic activities through the year whilst the swimmer attends one swim session a week during term time.

This has been designed to maintain the swimmers skills and stamina whilst involving the keen mind of the age group!

All activities are age group and ability graded and are spread throughout the year These extras really do make Le Mourier a one stop Aquatics centre!

Here are just a few examples of the activities below



Power boat courses  
14yrs +



Diving courses  
8yrs +



Swimming Teacher  
courses  
13 yrs+



Seadoo Courses  
7yrs +



Lifeguard courses  
12 yrs +



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Course available 11 weeks 30 mins sessions	Pool venue	Day	Cost inc GST, admin and skill badge (GST reg 16506)
Ripple 1 	Inv Lodge/Les O	7 days	£96
Ripple 2 	Inv Lodge/Les O	7 days	£96
Ripple 3 	ALL	7 days	£96
Ripple 4 	Langford	Thursday/ Friday	£96
Le Mourier Dolphins Aquatics Club 	Various	Sunday	£96
Swimming Parties - please see our party brochure	Inv Lodge/Les O	Various	Various
One to one lessons	Inv Lodge/Les O	Various	£34

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**CHILD Contact details**  
(Please complete if new/changed)

Childs full name: (required)	Date Of Birth:
Address:	School:
	Medical Conditions;
Post code:	Telephone number (required) Mobile number:
E-Mail (required)	

I enclose a cheque or payment details overleaf for £..... (**£96 for 11 weeks Child Swimming**)

Signed or initialed:..... Date .....

Please visit [www.swimjersey.com](http://www.swimjersey.com) for the terms and conditions.  
By signing this form you understand and agree to those terms and conditions

Re-Enrollment	Newcomer	
<b>Current Venue:</b>	<b>Course Required:</b>	
<b>Current Day:</b>	Possible days to attend:	
<b>Current time:</b>	Days not possible to attend:	
	Sleep/nap time:	
PLEASE NOTE YOUR LESSON TIME WILL REMAIN THE SAME UNLESS YOU ARE NOTIFIED, providing this form is returned to us on or before the closing date below, otherwise we cannot guarantee your space.	<b>Swimming Ability :</b> Does he/she need you in the water? <b>YES/NO</b>	How is he/she in the water ?  <b>CONFIDENT/NERVOUS</b>
<b>CHANGE REQUEST:</b>	Can your child swim without armbands? <b>YES/NO</b>	Any lessons previously? If so please state where
Possible days to attend:	Does he/she have any knowledge of: <b>Back Crawl/Front Crawl/Breaststroke /Butterfly</b>	
Days not possible:	Preferred Venue:	
Sleep/nap time:	Please list all swimming badges held:	
Please list all swimming badges held:	Comments:	



# LE MOURIER SWIM SCHOOL CHILD SPRING 2012 APPLICATION

## PLEASE COMPLETE/DETACH/RETURN

Please complete the form in full and in BLOCK CAPITALS and return to the office .E mail [tasha@swimjersey.com](mailto:tasha@swimjersey.com) OR Detach and return to the address below.

This form should be attached firmly to your application for the course or product you require. Your card will be debited for the full amount and credit cards will incur a 2.5% surcharge. Minimum payment by card is £10

NAME ON CARD:		VALID FROM	
CARD TYPE – CREDIT / DEBIT		VALID TO:	
CARD NUMBER			
ADDRESS		AMOUNT	£
POST CODE		SECURITY NUMBER	Call office tel 869058
CONTACT NO		SIGNED/ INITIAL	
COURSE REQUIRED		DATE	

By signing/initialling this form, you are authorising Le Mourier Swim School to debit your card for payment of your Le Mourier Swim School course/product. You also agree that these details can be kept on our secure database to be held solely for Le Mourier Swim School which will not be given to any third party and that a 20% charge will be incurred should you default on your payment.

**PLEASE NOTE – E-MAIL IS AN UNSECURED FORM OF COMMUNICATION. THEREFORE PLEASE DO NOT PUT YOUR SECURITY NUMBER ON THIS FORM AND CALL THE OFFICE TO COMPLETE PAYMENT**

**APPLICATIONS ARE NOT PROCESSED UNTIL PAYMENT HAS BEEN RECEIVED**

**MANY THANKS**

**MALCOLM**



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