



Fóillíochta **dlr**
dlr Leisure
Monkstown

Adult Swim Lesson Screening Form.

Name _____ Date of birth _____
Address _____ Phone no. _____
_____ Email _____

I wish to receive information on special offers and updates at your centre by
SMS/post/email Yes _____ No _____

Level required; Beginner, Improver, Advanced, Lane Coaching.

Day and Time of class _____

Do you or have you suffered from any of the following

Heart Problems Y _____ N _____ Epilepsy Y _____ N _____

Blood Pressure Y _____ N _____ Asthma Y _____ N _____

Diabetes Y _____ N _____ Arthritic Problems Y _____ N _____

Back Problems Y _____ N _____ Chronic Illness Y _____ N _____

Are you or have you been pregnant in the past 12 months. Y _____ N _____

Have you had surgery in the past 12 months Y _____ N _____

Do you have a history of Ligament/ tendon/ cartilage/muscle or joint injury Y ___ N ___

Are you currently on a course of medication Y _____ N _____

Have you previously been advised by a doctor not to take part in physical activities Y ___ N ___

I understand that I must inform the centre if any of the above information changes.

Staff Signature _____ Client Signature _____



Swimming Lesson Information

For Parents and Swimmers

Terms and Conditions

1. Registration form must be completed by all participants or carers if under 18 years.
2. Disruptive behaviour during lessons will result in suspension without recourse.
3. Credit will only apply on receipt of a doctor's certificate and will only be considered with a continuous certified absence of four weeks or more.
4. Credit for One to One lessons will only apply if cancellation is received a minimum of 24 hours in advance of booked class.
5. Clothes and personal belongings must be stored in lockers during class times and while you shower. Cubicles must be free for other pool users to change. Centre staff will remove clothes left unattended in cubicles for any length of time.

YES

1. Swim Hats must be worn
2. Footwear (flip flops are best)
3. Correctly fitting swimwear
4. Swim Goggles

NO

1. Swim Socks
2. Baggy Shorts
3. Sun Suits
4. Wet/Dry Suit
5. Snorkels
6. Goggles with nose covering.

For health and safety reasons

1. Do not eat within one hour of swimming lesson.
2. Shower before every swim.
3. Use toilet before swim.
4. No running in changing village/pool bank.
5. No physical contact with other swimmers.
6. Jumping and diving only under teacher supervision.

Progress and Re-enrolment Information

1. Re-enrolment occurs during each 5 week session on week 5 in order to continue and secure your place.
2. Class teacher's decision on grading is final.

Staff Signature

Client Signature