



Fóillíochta dlr
dlr Leisure

ADULT SWIM LESSON REGISTRATION

Name (PLEASE PRINT) Tel

Date of Birth Email

Level required Beginner Improver Advanced Lane Coaching

Day and Time of class

Your health is your responsibility. The management and staff of this organisation are dedicated to helping you take every opportunity to enjoy the facilities that we offer. With this in mind, we have carefully considered what we can reasonable expect of each other.

Our commitment to you

1. We will respect your personal decisions and allow you to make your own decisions about what exercise you can carry out. However, we ask you not to exercise beyond what you consider to be your own abilities.
2. We will make every reasonable effort to make sure that our equipment and facilities are in a safe condition for you to use and enjoy.
3. We will take all reasonable steps to make sure that our staff are qualified to the fitness industry standards as set out by the Register of Exercise Professionals.
4. If you tell us that you have a disability/illness which puts you at a substantial disadvantage in accessing our equipment and facilities, we will consider what adjustments, if any, are reasonable for us to make.

Your commitment to us

1. You should not exercise beyond your own abilities. If you know or are concerned that you have a medical condition which might interfere with you exercising safely, before you use our equipment and facilities you should get advice from a relevant medical professional and follow that advice.
2. You should make yourself aware of any rules and instructions, including warning notices. Exercise carries its own risks, You should not carry out any activities which you have been told are not suitable for you.
3. You should let us know immediately if you feel ill when using our equipment or facilities. Our staff members are not qualified doctors, but there will be a person available who has had first aid training/first aid responder.
4. If you have a disability/illness, you must follow any reasonable instructions to allow you to exercise safely.

I wish to receive further information on special offers and updates at your centres by Post Email SMS



BALLYOGAN* | LOUGHLINSTOWN | MEADOWBROOK | MONKSTOWN
01 294 3880 | 01 282 3344 | 01 299 5610 | 01 230 1458

* No Pool

www.dlrleisure.ie

SWIM LESSON INFORMATION

1) TERMS AND CONDITIONS

- a) Registration form must be completed by all participants.
- b) Disruptive behaviour during lessons will result in suspension without recourse.
- c) 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.
- d) Credit for One to One lessons will only apply if cancellation is received a minimum of 24 hours in advance of booked class.
- e) 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.

2) 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

3) FOR HEALTH AND SAFETY REASONS

Do not eat within one hour of swimming lesson.

Shower before every swim.

Use toilet before swim.

No running in changing village/pool bank.

No physical contact with other swimmers.

Jumping and diving only under teacher supervision.

4) PROGRESS AND RE-ENROLMENT INFORMATION

Re-enrolment occurs during each 5 week session on week 5 in order to continue and secure your place.

Class teacher's decision on grading is final.

Client Signature

Date

Staff signature