

Cults Offers Junior Coaching

As well as general fitness swimming, we also have a comprehensive Junior Coaching Programme, which runs through the week, to train for competitive swimming.

Visit www.cultsotters.org.uk > **Club Info** > **Squad Structure** for more information.

Please email Hilary Gaunt at jc@cultsotters.org.uk if you are interested in joining.

Cults Offers Learn to Swim Programme

We also offer structured learn to swim classes for children between 4 and 12 years of age. The programme follows the National Learn to Swim syllabus, which is supported by the National Governing Body for Swimming in Scotland. It is aimed to progress through from complete beginner to advanced competent swimmer.

Visit www.cultsotters.org.uk > **Learn to Swim** for more information.

Recruitment of Teachers and Assistants

If you are interested in becoming a teacher or an assistant in any of our programmes, please contact Sonia Richardson.

Please note that teachers must be aged 16 or older and assistants must be 14 or older.

For further information, contact Sonia on 01224 316854
or at srichardson984@btinternet.com

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Cults Otters Amateur Swimming Club

Swim Fit Programme

Application Form

Swimming for General Fitness
for children aged 8 - 14

www.cultsotters.org.uk

Application Form

Please tick boxes ✓

First Name : _____

Male

Female

Surname : _____

Address : _____

Date of Birth : _____

Postcode : _____

Parent/Guardian Names : _____

Telephone (day): _____

Telephone (eve): _____

Mobile No : _____

Email address : _____

Please give details of any medical or special needs: _____

This Programme is specifically for 8 - 14 year olds who wish to swim for general fitness and fun. They must have completed a minimum of Aqua 3 and be able to swim 50m front crawl and 50m breaststroke.

There will be exciting activities to develop swimming skills and techniques. These are some of the things that will be covered:

- **Life saving skills, such as how to save yourself and what to do if others get into difficulty in the water**
- **Fun and games to build up general fitness (not lots of lengths!)**
- **Learn to dive**

Please indicate the day you would prefer by putting a 1 and/or a 2 in the boxes below:

Saturdays 3.15 pm - 4 pm

Sundays 3.15 pm - 4 pm

Sessions run at Cults Academy Pool during school term times only

- No payment should be made with this application form.
- One form to be filled in per applicant.
- All applications will be placed on a waiting list until a place becomes available.

Signed : _____ **Date :** _____

Class	Cost per Lesson	Duration
Swim Fit	£ 4.95	45 mins

Please return the completed application form to :

Jo Gibson
LTS Administrator
2 Kirkbrae View
Cults
Aberdeen, AB15 9RU

For further information, please contact Jo between 10am and 3pm on 01224 868124 or email LTS@cultsotters.org.uk

This application form is also available online at www.cultsotters.org.uk