

Swim the Summer

speedo®
SWIMSQUADS

Summer Camp

Weekly courses at Collegiate American School,
Dubai International Academy & Hamdan Sports Complex.

Join us and enjoy the chance to learn a new skill or
improve your fitness from 3rd July to 25th August 2016

Lessons for ages 6 months & upwards, training sessions for junior
and senior swimmers, fitness for teens, adult beginners, triathletes
& masters (adults) training.

Discounts are available on any 4 pre-booked weeks.

Pre-registration is required so sign up today
to secure your place!

CONTACT

04 354 9525 | info@speedoswimsquads.com

www.speedoswimsquads.com



Book & prepay for any 4 weeks and receive a 15% discount*

- Week 1
Sun 3rd Jul –
Thurs 7th Jul
- Week 2
Sun 10th Jul –
Thurs 14th Jul
- Week 3
Sun 17th Jul –
Thurs 21st Jul
- Week 4
Sun 24th Jul –
Thurs 28th Jul
- Week 5
Sun 31st Jul –
Thurs 4th Aug
- Week 6
Sun 7th Aug –
Thurs 11th Aug
- Week 7
Sun 14th Aug –
Thurs 18th Aug
- Week 8
Sun 21st Aug –
Thurs 25th Aug

Courses available..... Please contact us if you would like further information.	Weeks 1-8 (3rd July - 25th August)	Weeks 1-8 (3rd July - 25th August)	Weeks 1-2 & 7-8 (3rd - 14th July & 14th - 25th Aug)
	Dubai International Academy	Collegiate American School	Hamdan Sports Complex
Baby Ducks (6 months to 3 yrs) Fun activities while in a safe environment with a parent or guardian accompanying the child in the water. (10 per group)		Call or email for further details	
Ducklings & Dolphins (3yrs to 6yrs) Water confidence, basic strokes & water safety. (4 to 6 per group)	3.45pm & 4.15pm *5 x 30 mins: AED 350	3.45pm & 4.15pm *5 x 30 mins: AED 350	
Teaching (6yrs plus) Novice to Silver swimmers; building water confidence, safety, introducing & refining strokes. Aquatic skills through formal lesson & fun activities. (8 per group)	5pm - 6pm *5 x 1hr: AED 500	5pm - 6pm *5 x 1 hr: AED 500	
Early Training Gold & Platinum swimmers; developing strength, stroke skills and technique over distance. (12 per group)	6pm - 7pm *5 x 1 hr: AED 300	6pm - 7pm *5 x 1 hr: AED 300 (Week 1&2 ASA Level 2 Coaching Course)	8am - 10.30am *5 x 2.5hr inc. land training AED 500 (Available for Platinum swimmers upwards) (Week 1 & 2 ASA Level 2 Coaching Course)
Development, Junior & Senior Squads Development of legal strokes, distance building up to competitive training over 2 hours including land fitness and sessions. (20 per group)	6pm - 8pm *5 x 2 hr: AED 500 3 x 2 hr: 350 (discount does not apply)	6pm - 8pm *5 x 2 hr: AED 500 3 x 2 hr: 350 (discount does not apply) (Week 1 & 2 ASA Level 2 Coaching Course)	
Hot Shots & Select Squad Full competitive training over 2 hours including land fitness and flexibility sessions. (20 per group)			
Masters (Adults) Training & Teen Fitness An opportunity to improve on techniques & fitness swimming. Develop strokes and establish training schedules.	7pm - 8pm *5 x 1 hr: AED 275	7pm - 8pm *5 x 1 hr: AED 275	
Adult Beginner Lessons Learn to swim in a safe environment within a small group of 4 - 6 students. Classes can be taken as 1 per week for 5 weeks or 5 days in 1 week and pre-booked through the main office.	7.15pm - 8pm *5 x 45 mins: AED 375	7.15pm - 8pm *5 x 45 mins: AED 375	



BOOKING FORM

NAME	
DATE OF BIRTH	
MOBILE	
EMAIL	

Please circle the week(s) & venue you would like to swim:

Weeks 1 - 8	Weeks 1 - 8	Weeks 1 - 2 & 7 - 8
Dubai International Academy (DIA)	Collegiate American School (CAS)	Hamdan Sports Complex
1 - 2 - 3 - 4 - 5 - 6 - 7 - 8	1 - 2 - 3 - 4 - 5 - 6 - 7 - 8	1 - 2 - 7 - 8

Please circle the group you are applying for

Ducklings & Dolphins	HotShots / Select Squad
Teaching - Novice / Imp1 / Imp2 / Bronze / Silver	Masters (Adults) / Teens / TRI
Early Training – Gold / Platinum	Baby Ducks
Development / Junior / Senior	Adult Beginners

Current Swim Squads Swimmer? Yes / No

Signature of parent or guardian: _____

By signing I agree not to hold any Swim Squads or associated staff or venue liable for any loss or injury to myself or child whilst participating in a Swim Squads activity. I agree I or my child has no medical or other reason that would prevent me/them from participating in a Swim Squads activity. I also understand failure to pay prior to the course will result in no place available for myself or my child. I understand there are no make up session or refunds for any classes.

Tel: 04 354 9525 | Email: info@speedoswimsquads.com | www.speedoswimsquads.com

OFFICE USE ONLY:

Amount Paid: Date Paid: Receipt No: Staff: