



## Swim Technique Schools

**Easter 10th - 16th April      Summer 21st - 27th August**

### Course Aims & Objectives

The aim of this course is to provide an opportunity for young swimmers to participate in tried and tested training methods and techniques necessary for competitive swimming. Our methods have produced over eighty Great Britain Senior International swimmers and medalists in the Olympic Games and European Championships.

All aspects of training are included, from special skills in individual strokes and land training consisting of cardiovascular circuits, weight training and isokinetics. Lectures include topics such as land training and race preparation. The physical and psychological demands are emphasized with a view to highlighting the stresses facing competitive swimmers, in particular, ensuring that training is productive and enjoyable for all, irrespective of age or ability.

### Course Details

The course will be divided into colour groups according to age, experience and training. Activities are generally carried out within these groups. Colour teams form the basis of all competitions taking place during the course, culminating in a Swimming Gala on Saturday. Gym activities will include: running, circuits and an introduction to weight training.

For details of the daily timetable please visit our website [www.kellyswimmingpool.com](http://www.kellyswimmingpool.com)

### Swimming Gala

This takes place on Saturday at 9am concluding at 11.30am. Swim events are all relay races with points awarded to colour teams and points added from the weekly games. The events are continuous as we are aware that parents need to travel home. Any monies left in the bank will be handed out in envelopes at the presentation. All swimmers will be presented with a photo and certificate. Afterwards, cases may then be collected from the main school entrance and children are free to leave.

Parents are welcome to attend the Gala and it would be appreciated if you could arrive by 8.45am.

**From time to time photographs may be taken during activities for training and marketing purposes.**

### Course Costs

Easter Swim School	£310	Balance of fees due for payment by 25th February.
Summer Swim School	£330	Balance of fees due for payment by 1st July.

The course cost includes coaching, 3 meals per day, accommodation and all facilities.

### Cancellation Policy

<b>Up to 2 months prior to start</b>	<b>100% of balance returned</b>
<b>Up to 1 month prior to start</b>	<b>50% of balance returned</b>

**The course deposit of £100 is non refundable.**

Further information overleaf . . . .

**Kelly Enterprises Ltd**  
**Kelly College, Parkwood Road, Tavistock PL19 0HY**  
**Tel: 01822 616235    email: [kellyenterprises@kellycollege.com](mailto:kellyenterprises@kellycollege.com)**



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### Arrival & Departure

All course members are required to arrive at the main entrance of Kelly College on Sunday, the first day of the Swim School, for **registration at 3.30pm and no later than 4pm**. The school is situated on the (A386) Tavistock to Okehampton road, about half a mile from the centre of Tavistock. On arrival your child will be designated a house and dormitory accommodation. Each house is supervised by Swim School Staff and a matron, who is available to look after domestic requirements.

### Equipment & what to wear

All children should be in possession of:

Sleeping bag or duvet and duvet cover	pillow and pillow case	toiletries
3 or 4 swimming costumes	2 or 3 towels	swimming goggles
Small bag to carry swim kit	drinks bottles	squash to dilute
Sports shorts and shirts	tracksuit	trainers

We will provide floats, pull buoys and fins.

**All clothing and equipment must be clearly labelled  
Lost property will only be kept for 7 days.**

### Bank

It is recommended that all pocket money be deposited in the bank on arrival and just the amount required for daily use is withdrawn. The bank is safe and open at break times daily to withdraw or deposit money. It is recommended that £25 for the week is the maximum for the bank. Please enclose the money in an envelope ready for the bank. The bank will be responsible for any valuable possessions, but Swim School cannot accept any responsibility for loss or damage to possessions not left in their care. We would not recommend bringing mobile phones, MP3 players or other electronic items.

### Tuck Shop

A small amount of spending money is recommended as a tuck shop will be available daily. During the week there will also be a short trip into Tavistock Town Centre.

### Contact Number - 01822 813104

If you have any concerns or would like to leave a message at any time during the Swim School, please call the above number. Messages will be picked up at break times and we will return your call as soon as possible.

Parents are requested not to come to the college during Swim School to see their children as we find that this upsets their routine. We will contact you if there are any problems.

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