

AISS Booking Preference Form

Email or PDF : info@aiss.ae or Fax to: 043721221

AISS Learn to Swim and Swimming Squads are available all days of the week.

(All of our classes are graded on ability not ages - we simply use age here as a guide)

Please Circle the Preference of Day , Time and Program below:

Selection of Day or Days (please circle your preferred day or days)

Sunday (pm) Monday (pm) Tuesday (pm) Wednesday (pm) Thursday (pm) Friday (am) Saturday (am)

Selection of Time of Day (Please circle your preferred time or times)

Sunday – Thursday 2.00 pm 2.30pm 3.00 pm 3.30pm 4.00 pm 4.30pm 5.00pm 5.30pm

Friday and Saturday 7.00am 7.30am 8.00am 8.30am 9.00am 9.30am 10.00am 10.30am

Selection of Program (please circle your preferred program or programs - if more than one)

Parent and Child Classes (Mother or Father in the Pool with the Infant 6 mths to 2 yrs)

Learn to Swim (Infant) (2 – 3 yrs with No Previous Swimming Lessons)

Learn to Swim (Beginner) (3 – 4 yrs with No Previous Swimming Lessons)

Learn to Swim (Primary) (Suit a child who can blow bubbles and submerge face)

Learn to Swim (Freestyle) (Children who can move freely or kick to edge)

Learn to Swim (Strokes) (Confident Children who have learnt Basic Freestyle)

Stroke Correction (B) (Basic Stroke Skills Instructor both in and Out of the Pool)

Stroke Correction (A) (Advanced Stroke Correction – Instruction from Side)

Stroke Development (Learning Swimming Skills and Drills – Suit Capable 6 – 8 yrs)

Mini Squad (45 Min) (Squad session the Emphasis on Learning Swim Techniques 7-9yrs)

Junior Squad (45 – 1 hr) (Swimming Squad for All Strokes includes Starts and Turns 8-10yrs)

Intermediate Squads (1hr) (Swimming Squad for Capable Swimmers aiming to Competition)

Advanced Squads (1.15hrs) (Advanced Squad for the Serious Swimmers – all ages)

Adult Learn to Swim (All levels in Groups or Individual Classes includes Stroke Skills)

Adult Squads (Fitness) (1hr) (Basic Squad swimming at Low – Medium Intensity)

Adult Squads (Triathlon) (1 hr) (Advanced Squad for those interested in Triathlon or Ocean)

Adult Squads (Masters) (1hr+) (Masters Squad for the more serious Adult swimmers)

Parents Name: _____ **Child's Name** _____ **Age:** _____

Home Location: _____ **Contact Email :** _____ **Phone:** _____

Preferred AISS Location: _____ **(Please check the website)**

Other Notes or Special Requests: _____