Pre Season Training Aug 2013
Application Form

Senior Squad Swimmers

Pre Season Training for our Senior Squad Swimmers will this year run over 2 weeks in August giving a great opportunity for some intensive development in advance of next season. Please book early!

All sessions will be held in the Templemore pool.

Session	Dates	Time	
Senior Competitive Squad	**Week 1** Mon 12th – Sat 17th August **Cost: £30**	Mon 12th	9.00am – 11.00am
		Mon 12th	5.00pm - 7.00pm
		Wed 14th	9.00am – 11.00am
		Thu 15th	10.00am – 12.00pm
		Thu 15th	5.00pm - 7.00pm
		Fri 16th	5.00pm – 7.00pm
		Sat 17th	11.30am – 1.30pm
Senior Competitive Squad	**Week 2** Mon 19th– Sat 24th August **Cost: £30**	Mon 19th	9.00am – 11.00am
		Mon 19th	5.00pm – 7.00pm
		Wed 21st	9.00am – 11.00am
		Thu 22nd	10.00am – 12.00pm
		Thu 22nd	5.00pm - 7.00pm
		Fri 23rd	9.00am – 11.00am
		Sat 24th	11.30am – 1.30pm

Cost: If you wish to attend both weeks the total cost will be £50

Enrolment Form

Name: **DOB:**

Address: **Medical Conditions:**

Parent/Guardian: **Contact Tel:**
Email:

Session	Dates	Please Tick
Senior Squads	Week 1 Mon 12th – Sat 17th Aug 2013	
Senior Squads	Week 2 Mon 19th – Sat 24th Aug 2013	

You can use the postbox in Templemore to return your form and payment or alternatively post to our Club Treasurer, David Elliott, 15 Hanwood Park, Dundonald, BT16 1XW

All cheques should be made payable to "Templemore ASC"

Visit us on the web at www.templemore.org.uk