

# ADULT LESSONS INFORMATION SHEET 1/2

## Lesson information for Adults

Whether you just need to brush up on your technique or are petrified of the water and are starting from scratch we can help. We will work closely with you to understand your specific goals and adapt our lessons to suit your individual needs.

Our instructors will be in the water with you whether it's to help you overcome initial trepidation in the water or to demonstrate a flip turn to help you understand the mechanics of this complicated skill.

## Feedback

We feel that it is very important to feedback how we feel you are progressing. We will do this in a variety of ways. Mostly this will be verbal feedback but we will also make use of video analysis where we feel it is necessary.

## Payment

If you are booking your lessons to start more than 14 days in advance we need a £25 deposit to reserve the slot. Otherwise, payment is due in full on the first lesson of each block. Payments can be made by cheque, cash or direct bank transfer. If you need to make payment in advance please post cheques to Premier Swim, 281 Holcombe Road, Bury, BL8 4BD. **Cheques should be made payable to PREMIER SWIM.** Bank transfers should be sent to Premier Swim, 18111661, 01-01-42. Please use the swimmers name as reference.

## Cancellations

Should you wish to cancel a lesson notice of 24 hours is required. Lessons can be cancelled and rescheduled for a mutually convenient time as often as required. As long as you give the required notice you will never pay for a lesson that you haven't had.

If for some reason you change your mind and do not wish to start the lessons after paying your £25 deposit no refund will be given.



# ADULT LESSONS INFORMATION SHEET 2/2

## How To Find The Pool

The Stables Country Club,  
The Bolholt Country Park Hotel,  
Walshaw Road,  
Bury,  
BL8 1PU.  
Telephone 0161 763 9999

Once you are in the hotel grounds follow the signs to The Stables and report to the gym reception. The staff will then give you a locker key, direct you to the changing rooms and inform you how to get to pool side.

## Equipment

The only thing you need to bring with you is swimming kit and a towel. Everything else will be provided for you. If you wish to wear goggles that is fine. I also have a few pairs of goggles if you forget them so don't worry.

PREMIER SWIM