

Participant's full Name

D.O.B (if under 18) Male/Female

Parent/Caregiver name

Postal address

(include suburb & postcode)

Home phone number work

Cell phone Email

Medical Information (e.g. Asthma, Diabetes, Disability or Special Needs)

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Level of ability

Preferred day and time:

Weekday am.....

Weekday pm.....

Weekend am.....

We will make every effort to meet your needs.

Special Needs—please talk to reception and an instructor will be in contact prior to your lesson)

OFFICE USE ONLY
AMOUNT DUE \$31.00 (1 person) \$38.00 (2 people)
PAYMENT MADE RECEIVED BY DATE



Tel: 04 527 2113 | Fax: 04 528 8938
 Cnr. Blenheim and Brown Streets
 Private Bag 907 Upper Hutt
www.h2oxtream.com



PRIVATE LESSONS



Private Lessons

Experience private one to one lessons with one of our professional and caring instructors. Enjoy a fast and high quality outcome with personalised attention.

Swimming

- Learn to Swim for children and adults of all ages and abilities, from non confident to confident.
- Adaptive programme for children and adults with disabilities (assistance with funding may be available)
- Coaching for children and adults of all ages and abilities including stroke correction/development, scheduling & endurance.
- Fitness training—whether training for a triathlon or wishing to improve your general technique and fitness.

Aqua Yoga & Water Therapy

- One on one personalised programmes developed around your skills, abilities and requirements.

Other Aquatic programmes

- We can customise any aquatic programme and deliver it to you in a one on one learning environment. For instance snorkelling, water safety and much more.

Pricing

\$31.00 for 1 person for 30 minutes

\$38.00* for 2 people for 30 minutes (*swimmers must be of similar ability)

Please note that prices are subject to change until booking has been paid in full. All bookings are accepted on the basis that you, the customer, pay the GST on all charges and any prices quoted are subject to any change in the GST rate. The GST payable is calculated at the prevailing rate on the date your tax invoice is generated or the date you pay, whichever is the earlier.

All Private lessons are by appointment and include a thorough consultation and continuous assessment.

Talk to us about your needs and options available.

get set to get wet