

Screening Form For Camps

Childs Name _____

Date of Birth _____

Camp Location:

Monkstown Loughlinstown Meadowbrook

Dates Attending Camp _____

Parents Name _____

Address _____

Ph. No. _____ Mob. _____

Email _____

Does the child have any disabilities / illnesses / allergies special needs camp leaders would need to be aware of

Or any of the following:

Deafness _____

ADD / ADHD _____

Autism _____

Heart problems _____

Epilepsy _____

Diabetes _____

Asthma _____

Chronic illness _____

Medication _____

Is child being collected after camp? Yes No

Is child going home unaccompanied? Yes No

Parent/Guardian Signature

Date _____

Staff Signature _____

Easter Swim Camp

Start Date:

- First Tuesday after Easter

Summer Swim Camp

Start Date:

- Second and third weeks in July
- Second and third weeks in August

Rules of Camp:

- No glass bottles
- No valuables i.e. mobile phones, jewellery, game consoles etc.
- Foul Language and abusive behaviour will not be tolerated

Checklist

You will need:

- A packed nutritious lunch
- A bottle of water
- A hat to protect from the Sun
- A bottle of suncream
- Appropriate clothing and footwear
- A spare set of clothes
- Appropriate swimwear and towel
- Rainwear



www.dlrleisureservices.ie

Head Office: Carnegie House, Library Road, Dún Laoghaire, Co.Dublin
Ph: 01 2054822/ 2054746 | Fax: 01 2845203

Meadowbrook: Meadowbrook Dundrum, Broadford Road, Ballinteer, Dublin 16.
Tel: (01) 2995610/14/16 | Email: meadowbrook@dlrls.ie

Monkstown: Monkstown Avenue, Monkstown, Co. Dublin.
Tel: (01) 230 1458/60/62 | Fax: (01) 230 1464 | Email: monkstown@dlrls.ie

Glenalbyn: Glenalbyn House, Stillorgan , Co.Dublin
Tel: 01 2881502/ 2881678 | Fax: 01 2783452

Loughlinstown: Loughlinstown Drive, Loughlinstown, Dún Laoghaire, Co.Dublin
Tel: 01 2823344 / 2823096 / 2823220 / 2823274 | Fax: 01 2823408

Seirbhísí Fóillíochta dlr dlr Leisure Services

Kids Multi-Sports

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Kids Zone (Available in Meadowbrook, Monkstown & Loughlinstown)

Programme costs €60 per term

A programme aimed at children between 10-15 years of age.

Catering for children who are

- Overweight
- Inactive
- Low Self Confidence
- Problems Exercising in a Group
- Been Advised by a Doctor to Exercise

Terms run for 10 weeks with a max of 15 children per group. Programme consists of assessment at the start with an instructor and a re - assessment at week 10. Programme consists of circuit training, health related talks and exercise advise.



Teen Gym (Available in Meadowbrook & Loughlinstown)

The cost is €4.00 per session. Teen Gym and swim €5.00 (Wednesday only)
Teen gym access pass €35 for 10 visits.

Teen Gym is a new program for 11-17 year olds.
*Wednesday from 5-6, and Thursdays from 6-7 only.

- Activities include
- Use of all cardio machines and some weight machines.
- Step aerobics
- Circuit training
- Spinning
- Bodytone
- Box Circuits

*These time are for Meadowbrook , please contact Loughlinstown for their times

Intensive Swim Courses

Contact Reception for times and prices

Glenalbyn

Age 5 years upwards.
Monday to Friday 10-11 am Month of July.
All levels catered for.



Meadowbrook & Monkstown

Children from 4 upwards.
Easter Swim Camp – First Tuesday after Easter
Summer Swim Camp – Second and third weeks in July /
second and third weeks in August.

Description of Classes



Tadpoles: Beginners. 4 Years and up, water orientation and swimming positions.



Jellyfish: Beginners, introduction to basic water skills, such as breath control, floating position, Building water confidence. * Meadowbrook only



Starfish: Beginners, introduction to stroke technique. Front & Back. Introduction to breath control



Goldfish: Improving on technique. Introduction to breathing & timing. Introduction to breaststroke.



Dolphin: Confident swimmers in deep end with competence in front & backstroke including good breathing technique. Improving breaststroke and introduction to butterfly & diving.



Sharks: Improving all four competitive strokes. Introduction to distance and speed, pacing & timing. Improving diving starts & turns.

Lane Coaching: Junior coaching, concentrating on fitness, swim technique and stamina.
Endurance & sprint training.

Multi Sports Camps (Available in Meadowbrook, Monkstown & Loughlinstown)

€80.00 per child

- School mid term breaks
- Easter Holiday
- Summer Holiday (Every week in July & August)

Open for boys & girls from 5 years to 12 years

Camp activities range from:

- Swimming
- Fun & games in the water
- Pool inflatables
- Basketball
- Tennis
- Dodgeball
- Uni-hockey
- Football
- Rounders
- Fun & games on multi sports pitch
- Dance classes
- Art & Indoor Games

All Camps Run From 10am - 3pm

Birthday Parties

Contact Reception for Booking form and quote

- Pool and pitches available
- Also includes use of room for party
- Multi sports halls