

# Sportivate gets Cornwall swimming

**6 FREE!**  
Swimming  
Sessions

**The project is open November 2015 – March 2016.\* During this time you will be able to access 6 swimming/aquatic sessions for free at one of the Tempus Leisure Aquavate centres. At the end of the 6 sessions there will also be a free Swimfit session to keep you coming back for more!**

Swimfit is a workout programme for the swimming pool, developed by swimming experts at the Amateur Swimming Association (ASA). Based on the concept of a gym programme, Swimfit provides structure and purpose to a pool session, supported by an interactive online, social and pool customer experience - it's the perfect way to get fit.

To register for your free sessions please fill out the form on the reverse of this flyer and take it along to your chosen centre.

**Aquavate centres:** Dragon Leisure Centre, Bodmin • Helston Sports Centre • Lux Park Leisure Centre, Liskeard • Phoenix Leisure Centre, Launceston • Polkyth Leisure Centre, St Austell • Truro Leisure Centre • Wadebridge Leisure Centre.

Visit [www.tempusleisure.org.uk/sportivate](http://www.tempusleisure.org.uk/sportivate) for more details, or contact Sam Bennett, Tel: **01209 614449**  
Email: [sbennett@tempusleisure.org.uk](mailto:sbennett@tempusleisure.org.uk)

\*For details regarding session dates and times, please visit the Tempus Leisure website or ask at your Aquavate centre.

This project is subject to availability and will be allocated on a first come, first served basis. It is only open to young people aged 16-25 years. By completing this form and entering into the project, you are agreeing to attend at your chosen centre at least six times.



**Sportivate**



**Tempus**  
Making time for leisure

# Sportivate Participant Registration Form

This form is to be completed by participants aged 16-25 years

(Please write clearly in the boxes below)

Q1. What is your name?

Surname:

Forename:

Q2. What is your email address?

Q3. What is your mobile number?

Q4. Are you male or female? (Please tick **one**)

Male:

Female:

Q5. How old are you? (Please tick **one** below)

16:

17:

18:

19:

20:

21:

22:

23:

24:

25:

Q6. What is your postcode?

Q7. In the past 4 weeks, on how many days have you done 30 minutes of sport and/or recreational physical activity? Do not count any curriculum activities at school/college/university. Do not include cycling or walking unless it was for sport or recreation. Gardening, DIY and housework should not be included. (Please write in the number of days)

Enter a number between 0-28:

Q8. Which ethnic group do you consider yourself to belong to? (Please tick **one** below)

White:

Mixed:

Asian:

Black:

Other:

Prefer not to say:

Q9. Do you have any long term illness, health problem or disability that limits your daily activities? (Please tick **one**)

Yes:

No:

Prefer not to say:

Please provide your signature:

Date:

Thank you for signing up for this activity. The information you have given about yourself will be used to monitor the success of the programme and help us plan for future sporting activities. We would like your permission to share your contact details as follows:

- Consultants working for Sport England to monitor the programme may want to send you a survey in the future.  
 Please tick here if you **do not** want to be sent the survey by email:  
 Please tick here if you **do not** want to be sent the survey link by text to your mobile:
- Providers of sports activities may wish to notify you about other sports activities.  
 Please tick here if you **do not** want to be notified:
- Commercial sponsors of the Olympics may wish to share information that may be of interest to you.  
 Please tick here if you **do** wish to receive this information:

We will collect and process all personal data in line with the Data Protection Act 1998 and there is more information about this on the Data Protection Statement supplied with this form.

## Photography/Filming

Please note that to help promote and evaluate Sportivate activities, there may be video filming and photography at some sessions which may be used in publicity materials e.g. leaflets, newsletters or on official websites. Sport England advises all activity providers to ensure that images are not accompanied by names or other details that could identify individuals.

I **do / do not** give permission to be filmed or photographed during Sportivate activities as described above (Please delete as appropriate).