



NEWS LETTER

SEPTEMBER 2014

BIG NEWS

AS FROM OCTOBER 2014 NO GYM MEMBERSHIP IS NEEDED FOR YOUR CHILD TO TRAIN AT PLANET FITNESS CENTURION GATE !!!!!!!

We are the only Swim School that can offer you this service of transporting and training your child at a gym with a 25m pool without you needing to have a gym membership.

PLEASE REMEMBER THAT THE LAST DAY OF SWIMMING FOR THE 3RD TERM WILL BE 4th October 2014

SWIMMING LESSON TIMES:
MONDAY-SATURDAY 7h00-18h00

VENUES:
CENTURION SWIMMING & AQUA CENTRE LENCHEN AVE, MEGA PLANET FITNESS
CENTURION GATE,
MIDLANDS INDOOR POOL
SAX POOL - SATURDAY

AQUA AEROBICS TIMES:
TUE / FRI 08:00 – 09:00 AM

OFFICE HOURS:
MONDAYS-FRIDAYS 07:30 – 16:30

TEL: 012 663 6035

FAX: 086 697 4979

CELL: 082 463 6525 (sms)

Centurionswim.aqua@vodamail.co.za (Schools)

Centurionswim@vodamail.co.za (Private/Midstream)

www.centurionswim.co.za

We would like to welcome all new pupils and parents at our Swimming School who has joined after the winter. We hope that you are enjoying the lessons and benefit greatly from it.

I would like to thank the nursery and Primary Schools as well as all the parents for putting their trust in us and giving us the opportunity to transport and work with their kids. Thanks to all the parents who bring their kids through themselves during the week and on Saturdays it is a great privilege to work with your kids. Thank you for your support.

For our Centre to operate at its best we need to give the next info through to the parents and schools.

SCHOOL HOLIDAYS

Please note that we work on a term basis and not monthly. Our term consist of 10 weeks. (some terms do have more). Our term dates are as follows:

Term Dates:

TERMS: 2014 - our terms consists of 10 weeks

Term 1: 13 January – 29 March 2014.

Term 2: 7 April – 28 June 2014.

Term 3: 21 July – 4 October 2014

Term 4: 13 October – 12 December 2014 NOTE – school will not operate during Public Holidays.

ACCOUNTS

The office is open Mon – Fri 07:30 – 16:30. Fees are payable per term, but you do have the option to pay in **3 monthly installments**. All monthly installments to be done in advance to reach the office not later than the 7th of each month. If you pay per term, payment should be done before the 7th of the 1st swimming month. Please remember to pay your **registration fee and yearly admin fee**.

Caroline and Natasha

SPECIAL – CASH PAYMENTS AT THE OFFICE

**There is a discount on term fees if you make cash payments at the office
Please contact the office for the discount term price.**

BANK DEPOSITS

Can I please ask you **not to do a cash deposit at a bank**. The deposit fee is so high that if you make a cash deposit of eg. R310 the bank charges me R30 for that deposit so I only get R280 for swimming fees and with the high costs of petrol and electricity I need every cent of the swimming fees to cover all the costs. Please assist us with this matter.

FEES: NB !!!

All fees for the 4 term must please be paid before 5th November!!!

Please make sure that you are paying the correct fees. **Term fees must be paid the first week of each term.**

Fee Structure

Deposit: Equivalent to a monthly installment fee:

Admin Fee: **R180 per year**

Private Swimmers: (own Transport)

	<u>Monthly Installments</u>
Term : 1 x per week = R 930	R310
2 x per week = R1260	R420

Advanced monthly installments to be done before the 7th of each month

Please contact the office for discount on cash term payments made at the office.

Nursery & Primary Schools that we Transport

	<u>Monthly Installments</u>
Term : 1 x per week = R 960	R320
2 x per week = R1290	R430

Advanced monthly installments to be done before the 7th of each month

Please contact the office for discount on cash term payments made at the office.

Midstream and South Downs

	<u>Monthly Installments</u>
Term : 1 x per week = R1 020	R340
2 x per week = R1 350	R450

Advanced monthly installments to be done before the 7th of each month

Please contact the office for discount on cash term payments made at the office.

CANCELLATIONS

Please note that you have to give **one** calendar month's **written notice (no sms/verbal)**. Your cancellation must reach us on the 1st of that month; no late cancellations will be

accepted. Please confirm receipt of cancellation letter with the office. **May and November will not be accepted as notice months** – the term must be completed. Your registration fee must equal one (1) month's fee that we use for your notice month.

PROGRESS REPORTS:

All swimmers that started swimming before June 2013 must please return their progress reports as soon as possible. A lost report can be replaced at a cost of R20. All new swimmers that enrolled from July will receive their report at the end of term 4.

2015 – SCHOOL CHANGES AND TIME TABLE CHANGES

As the year is coming to its end, some of the little swimmers from the nursery schools are going to GR R and GR 1. We have sent out a letter already to the parents to indicate to us to which School in the area their child is moving to. Please send those letters back a.s.a.p. The Primary Schools in the area that we provide a service to is the following: Laerskool Hennospark, Laerskool Wierdapark, Laerskool Bakenkop, Laerskool Rooihuiskraal, Laerskool Doringkloof, Laerskool Louis Leipoldt, Springvale Primary, Jacaranda, Cresta College, Laerskool Uitsig, Curro Thatsfield, Enthoes, Zwartkop Christian School and Rosewood.

All the Gr R will still swim at our pools in Lenchen Avenue and Gr1 –Gr7 will swim at Planet Fitness Centurion Gate. (Depending on ability there may be Gr1 still swimming at Lenchen)

Any other time slot changes for 2015 must please be send in writing to the office before 15 November 2014. We want to finalize the time table before 30 November.

CENTURION SWIMMING AND AQUA OFFERS THE FOLLOWING:

Baby to Club Swimming

To learn how to swim is a lifesaving skill.

The Centurion Swimming and Aqua centre wants to emphasise the importance of teaching a child to swim from a young age.

Swimming is a lifesaving skill and the sooner you take your child for swimming lessons the better.

These days more and more people buy houses with a swimming pool.

70 % of the adults cannot swim so they can't help their children should they fall into the pool.

It is not just children that must be water save but the adults as well.

1. Baby Swimming - Venue Lenchen Avenue – Baby and Beginner Pool

Babies can start to learn how to swim from the age of 6 months. We offer moms and tots classes. Mom is in the water with baby. We use the T-L-C method. (Tender loving care). It is an anxiety reducing methodology and it includes games, toys and songs.

Our baby classes are given by highly qualified baby swimming instructors. The baby instructors are Heidrun and Belinda. Baby classes are given Mondays – Fridays 7h00 – 18h00.

These classes are done at our premises in Lenchen ave. Pool temperature for baby swimming must be between 32 – 34 degrees. That is why baby swimming is not given at Planet Fitness and Midlands because those are 25m pool and their temperature is 26-27 degrees that is just to cold.

As soon as baby doesn't need mom in the pool any more the little one moves over to a beginner class without mom. These beginner classes are given Mondays – Saturdays from 7h00 -18h00. Instructors giving these classes are Heidrun, Belinda and Gerhard.

As they get stronger we move them over to the BIG POOL that is also on our Lenchen premises.

2. Venue Lenchen – Big pool

This is our doggy paddle, beginner stroke and stroke correction pool.

Classes are given here Mondays – Saturdays from 7h00 – 18h00.

The instructor involved Derrynne, Belinda, Robyn and Judy.

When the swimmers are ready to move over to the next level we move them to Planet Fitness 25m training pool.

3. Venue Planet Fitness Centurion Gate - Stroke development and Club swimming - NO GYM MEMBERSHIP NEEDED AT PLANET

1. Learn-to-Swim

The Learn-to-Swim classes are for beginners from 3 years and older. These classes are 30 min 1x per 2x per week.

We cannot do baby classes there because of the pool temperature being too cold.

The instructor responsible for these classes is Corne.

2. Stroke development and Stroke Correction Classes

The stroke correction classes are 30 min classes 1x or 2x per week.

These classes are given by Lydia and Corne. If the swimmer would like to take his swimming to the next level, the swimmer moves over to Coach Hendrik. To be able to move to the squads the swimmer must be able to do all 4 strokes well as well as the starts and turns.

3. SQUAD TRAINING AND CLUB SWIMMING - Planet Fitness Centurion Gate

The squad swimmers train 60 – 90 min.

Coach Hendrik has different squads for the different Levels.

At this level Hendrik expects from the swimmers to train 4x per week to be able to compete with other swimmers in their age group.

CLUB SWIMMING

When your child reaches the stage that he/she decides that swimming is the sport that he/she wants to focus on then this is the next step.

We register our swimmer through TUKS as the club. They are then invited to swim club and provincial galas though out the year.

For the swimmer to be able to complete at this level they need to train 4x – 5x per week. Hendrik is the coach and he takes this squad very seriously.

4. NURSERY AND PRIMARY SCHOOLS THAT WE TRANSPORT

Nursery Schools - Instructors Heidrun, Robyn, Derrynne, Belinda and Gerhard

All the nursery school swimmers come to our premises in Lenchen ave.

The little ones start in the Baby pool and then they move over to the Big pool.

The parents are more than welcome to come and watch any lesson throughout the year.

Please remember to clearly mark all the clothes and please put them in a plastic bag.

If your child must not go for swimming a specific day please let us know by phoning the office or sms the office on 082 4636525 or send an email to

centurionswim.aqua@vodamail.co.za. Attention Caroline.

STAGES OF PROGRESS

Please note that swimming is one of the activities that have a *fear factor*.

First time swimmers and or beginners are most likely to be scared, which is understandable and needs to be bridged by means of getting use to the instructor and the environment.

They might be apprehensive and hesitant sometimes to go to swimming; this can be due to new skills being gained. If you notice that your child being hesitant to come to swimming the possibility is that he/she is in the transition stage. Please be so kind and advise us, to assist. Regular attendance makes it easy for them to adapt. Swimming is a life skill.

Primary Schools – instructors -Elmarie, Lydia, Corne, Robyn, Hendrik

All the primary school children are transported to Planet Fitness Centurion Gate.

Attention is given to Stroke development and Stroke correction.

Prestige Days for Nursery and Primary Schools and Progress Reports

Twice a year the parents are invited to their kid's prestige days.

All swimmers who received their progress reports end of June must please return them asap. All swimmers that have enrolled from August will receive their progress diplomas end of November. Lost report can be replaced R20.

5. ADULT SWIMMING - Beginner Course Lenchen Pool

Yes, you can learn to swim in just a few days!!! Through simple explanations of the physics of swimming, motivation and eloquent demonstrations the wonderful world of water will open up to you. No longer do you have to suffer anxiety and embarrassment whenever recreating with friends of family at the pool or beach.

We offer a 2 week Adult Beginner course (Mon – Thu). The next course will start 30 September 2013. If you have finished that course and feel you'd like to learn to swim all 4 strokes properly, we offer an Adult **Intermediate** Swimming Course. This course we do at South Downs Fitness Centre on Saturday mornings for 4 weeks, which is ongoing and not limited to participation.

Bulk corporate packages available, contact the office for more details.

Beginner Adult Course Dates: (Term 4)

13 October – 23 October

27 October – 6 November

10 November – 20 November

24 November – 4 December

6. MIDLANDS INDOOR POOL

Instructors: Heidrun, Robyn, Natali and Leilani

At the Midlands Indoor pool we offer the following classes.

Learn-to-Swim classes for beginners from 3 years and older. These classes are 20 min each 1 or 2 x per week. Because of the pool temperature, we cannot do baby classes. The instructor responsible for the Learn-to-swim is Robyn.

Stroke Correction and Stroke Development classes. When the swimmers are ready they move over to the stroke development classes that are 30 min sessions 1 or 2 x per week. The instructor responsible for these classes is Heidrun.

Stroke Correction and Squad Training. As the swimmer develops and is getting stronger and can start managing a 60 min class they move over to Leilani for squad training. She will still give attention to stroke correction but will start to focus on stamina, fitness and competitive swimming.

Midstream College

Instructors: Leilani, Henneli, (Elmarie and Lydia – assisting)

The school swimming at Midstream College for the Gr1 and Gr2 will commence in October again as well as team training in the afternoons.

7. SOUTH DOWNS (SAX): 25m Pool - Saturday Morning Classes

Instructor: Andre

At the South Downs Indoor pool we offer on a Saturday stroke development and stroke correction classes. These classes are 30 min or 60 min depending on the level of the swimmer. These classes are for swimmers that can only manage to swim on a Saturday and that cannot do training during the week.

As soon as one of our swimmers in the Big Pool at Lenchen who is swimming on a Saturday is ready to a 25 m pool for stroke development, we move them to SAX.

At the SAX pool Andre also gives the Adult Intermediate Course. This is for Adults who are water safe and want to learn the different strokes. This is a 60 min session.

8. SAGEWOOD

Instructors: Gerhard, Belinda and Kristy (Elmarie and Lydia – assisting)

The swimming at Sagewood Primary will also commence in October.

We are doing a learn to swim course at Sagewood Primary School as part of their curriculum. The main aim at Sagewood is to get the kids from Gr 00 to Gr 3 water safe, and maybe get a few new candidates for the gala team.

9. CURRO THATSFIELD

Instructors: Derrynne, Robyn, Heidrun, Corne and Natali.

We are doing Learn-to-Swim with the pre-primary kids. Our main aim is water safety. The Gr1, Gr2 and Gr3's go to Planet Fitness where we do Learn-to-swim and then start with stroke development and stroke correction.

10. AQUA AEROBICS

We offer Aqua Aerobic classes on Tuesday and Friday mornings 8h00 – 9h00 at our Lenchen pool. Why Aqua? It is private. The best and safest exercise for pregnant ladies as well as for people with back, neck and joint injuries. It improves fitness levels, muscular strength and endurance. It decreases stress and cholesterol levels.

BIG THANK YOU TO MY TEAM

To my TEAM. Thank you to all my instructors for everything. You are awesome people to work with. Thanks for Caroline and Natasha running the office you are doing a great job. Big thank you to Annelize and Annemarie who are transporting the swimmers safely every day. Thank you to Thandi, Salamina, and Selina who are assisting the little swimmers to dress before and after swimming and are keeping everything clean.

Enjoy the short break! See you all in 4th term!

Greetings Elmarie van Dyk

Teaching since 1990 (23 years experience) *BA(LO),BA(L0)(HONS.)RECREATION AND SPORT MANAGEMENT

*Level One course *National Teachers certificate of SA Amateur Swimming Union * SA Water Fitness Dip

*Baby Swimming Courses: Aquatots, SA Totswim, PBSTA *Annual CPR *MEMBER OF: SASIA, SSA, PBSTCA, Level 1 ASCA,
SAWFA, Swim SA Learn-to-Swim Diploma * Do have the necessary public transport license