



What's on offer at Splash this summer...

January to March 2012

| PROGRAMME | DESCRIPTION | DAYS & TIMES | PRICE STRUCTURE |
|--|--|--|---|
| LEARN-TO-SWIM with Melody, Kate, Claire, Janine, Michele or Miné | 15-minute 1-on-1 lessons with the teacher in the pool, focusing on water competency, stroke development & intensive stroke correction. For ages about 3 to 10 years. | Monday to Friday 12:30 to 4:30pm | R77 per lesson, calculated termly. |
| STROKE CORRECTION GROUPS with Melody, Claire or Janine | 30-minute lessons with 2 to 4 children and 1 teacher, in or out the pool, focusing on stroke correction and continued stroke development. For ages about 5 to 10 years. | Monday to Friday 12:30 to 4:30pm | R77 per lesson, calculated termly. |
| MINI-SQUADS: BEGINNERS with Lee-Anne or Janine | 30-minute continued stroke development and fitness groups with up to 8 swimmers, and teacher out the pool. For children aged about 6 to 10 years. | Monday to Thursday 4:30pm to 5pm | R60 per lesson, calculated termly. |
| MINI-SQUADS: INTERMEDIATE with Lee-Anne or Janine | 45-minute continued stroke development and fitness groups with up to 10 swimmers, aimed at preparing swimmers for training squads. For children aged about 8 to 12 years. | Monday to Thursday 5pm to 5:45pm | R60 per lesson, calculated termly. |
| TRAINING SQUADS: JUNIORS with Simon McQueen & Roland Wagner | 1 hour group training for advanced junior swimmers aged from about 9 years, focusing on fitness, stamina, and continued development of correct stroke techniques. Up to 24 swimmers per session, divided into lanes of ability. Swimmers need to be fairly competent in the 4 main swimming strokes, and be able to swim at least 200m (8 lengths) without stopping, as the squad completes between 1.5kms and 2.5kms per session. | Monday to Thursday 4:30pm to 5:30pm | R60 per week for 1 session per week OR R90 per week for 2 sessions or more, calculated termly. |
| SATURDAY SWIM SCHOOL Contact Emily: 072 023 5835 emily@splashswimming.co.za | Learn-to-Swim lessons are available on Saturdays: Contact Emily for more details about the Saturday Swim School. | Saturday 8am to 2pm | Learn-to-Swim: R77 per lesson, payable monthly. |
| ADULT SWIMMING: Monday to Fridays Beginner/Intermediate. Contact Melody: 074 173 0034 melody@splashswimming.co.za | 30-minute group classes (6-8 swimmers per group). For absolute beginner swimmers with little or no exposure to the water, or uncertain swimmers needing help with their breathing and strokes. | Monday to Thursday: 5:30pm to 6pm Fridays 4pm to 5pm | R330 per month for twice-weekly sessions R180 per month for once-weekly sessions |
| ADULT SWIMMING: Saturdays Beginner to Advanced. Contact Janine: 074 150 8283 janine@splashswimming.co.za | <ul style="list-style-type: none"> 30-minute group classes for absolute beginners and uncertain swimmers. 45-minute intermediate stroke correction and fitness building sessions. 1-hour intermediate to advanced stroke development & endurance building sessions. 30-minute private sessions | Saturdays between 9am and 12pm | 30-minute groups: R200 per month 45-minute groups: R240 per month 1-hour sessions: R240 per month Private sessions: R155 per half hour |

A R50 ENROLMENT FEE PER SWIMMER IS CHARGED ON INITIAL REGISTRATION

HOLIDAY CLINICS: INTENSIVE LEARN-TO-SWIM AND STROKE CORRECTION LESSONS ARE AVAILABLE DURING THE SCHOOL HOLIDAYS – A GREAT WAY TO BOOST THOSE SKILLS!

WYNBERG GIRLS' JUNIOR SCHOOL – ALIWAL RD, WYNBERG

From Constantia direction:

- From Constantia Main Rd, turn left up Alphen Hill, past the Victoria hospital.
- Follow the road to the 2nd set of traffic lights.
- Turn right at the traffic lights into Carr Hill Rd.
- Just past the Engen garage, turn left into Aliwal Rd – the road with all the speed-bumps.
- Wynberg Girls' Junior School is the 2nd school on the left.
- The swimming pool is on the corner of Aliwal Road and Oxford Street.
- The entrance to Splash is on your left, just past the main gates to Wynberg Girls' Junior School.
- The code for our gate is S-P-L-A-S-H-# , or 7-7-5-2-7-4-# .

From Claremont direction:

- Follow Main Rd towards Wynberg.
- Turn right into Aliwal Rd, which is your last right-turn before you reach the Wynberg/Maynard Mall traffic lights.
- Go across the traffic lights at the intersection of Tennant Rd.
- Wynberg Girls' Junior School is the 1st school on your right.
- The swimming pool is on the corner of Aliwal Road and Oxford Street.
- The entrance to Splash is on your right, just before the main gates to Wynberg Girls' Junior School.
- The code for our gate is S-P-L-A-S-H-# , or 7-7-5-2-7-4-# .

Contact details

Office: 021 762 9357
Lee-Anne: 072 432 6118
Fax: 086 572 1022
Email: info@splashswimming.co.za
Website: www.splashswimming.co.za



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