



Dear Valued Client

Welcome to Zogs Swim School. We wish your child/children the best with their swimming experience with us and hope that they learn the fundamentals needed to become proficient swimmers and hopefully top class athletes if they wish to pursue swimming further.

At Zogs Swim School our instructors are registered and accredited with Swimming South Africa (SSA) and Central Gauteng Aquatics (CGA). Our instructors are continually appraised and have to attend refresher courses throughout the year as to maintain our high standard of swimming. Over the years we have developed a dynamic teaching team that offers an outstanding service to all our clientele. Through years of teaching and coaching swimming we formulated the best approach in teaching children and have found that we achieve excellent results with our swimmers. We follow the philosophy of fun in our lessons in order to teach the children the right skills to become swimmers. We have found over the years that this not only helps your child's confidence, but also promotes a healthy teacher-child relationship.

We offer the following teaching services at our school:

Baby 'Water Confidence Classes	9 mths to 3 yrs.
Learn to Swim – Children	2 ½ yrs. – 8 yrs/older
Learn to Swim – Adults	18 yrs – 70 yrs
Stroke Correction	6 yrs. – Adults
Squad Training	9 yrs. – 25 yrs.
General Fitness/Training	All Ages

Learn To Swim Progress Chart

- 1. Non Swimmer**
- ✓ Water friendly
 - ✓ Happy to be in and under water with eyes open and blowing bubbles.
 - ✓ Will be accompanied by floaty and/or armbands.

- 2. Waterborne**
- ✓ Able to blow bubbles in the pool with face submerged.
 - ✓ Jump in, swim 5 meters doggy paddle without any assistance, breath, peddle back and catch the wall.
 - ✓ Able to climb out of the pool unassisted
 - ✓ Seated dive.

Waterborne Certificate

- 3. Beginner**
- | | |
|------------|---|
| 10m | <ul style="list-style-type: none"> ✓ Able to swim a minimum of 10 metres freestyle and/or backstroke. ✓ Standing dive |
| 20m | <ul style="list-style-type: none"> ✓ Able to swim 20 metres of at least freestyle and backstroke and breath correctly. ✓ Racing dive. ✓ Tread water for 15 seconds |

Beginner Certificate

- 4. Intermediate**
- ✓ Tread Water for 30 seconds.
 - ✓ Back glide 10 seconds.
 - ✓ Jump into deep water, swim 30 metres in freestyle, backstroke, and either breaststroke/butterfly.
 - ✓ Racing dive.

Intermediate Certificate

- 5. Swimmer**
- ✓ Catch up crawl with breathing 40m.
 - ✓ Backstroke 40m, Freestyle 40m, Breaststroke 40m. Butterfly 20 metres.
 - ✓ Surface dive and retrieve object from 2m deep.
 - ✓ Standing and Racing dive in too deep water
 - ✓ Tread water for 2 mins.
 - ✓ Front Tumble turn and racing start.



Swimmer Certificate	
Badges	
Tadpole	<ul style="list-style-type: none"> ✓ Jump in to the water unaided, turn around and swim approximately 1m ✓ Return to the side of the pool and exit without help
5m Distance Badge	<ul style="list-style-type: none"> ✓ Child may use any method of propulsion
10m Distance Badge	<ul style="list-style-type: none"> ✓ Child must use a recognisable stroke
25m Distance Badge	<ul style="list-style-type: none"> ✓ Child must use a recognised stroke and execute it well
50m Distance Badge	<ul style="list-style-type: none"> ✓ Child must use a recognised stroke, in at least a 20m pool, without stopping
BRONZE	Clothed in shirt and long pants, water deeper than the candidate
	<ul style="list-style-type: none"> ✓ Tread water for 1min. ✓ Surface dive and pick up an object. ✓ Mushroom float. ✓ Swim 5m on front, without stopping, roll on to back and swim 5 m sculling. ✓ In deep water, remove clothes without touching side or bottom. ✓ Glide from side of pool in full extension position. ✓ Swim 25 m on front. <p>Swim 25m on back.</p>
SILVER	<ul style="list-style-type: none"> ✓ Freestyle
	<ul style="list-style-type: none"> ✓ Demonstrate racing dive and a tumble turn ✓ 50m freestyle ✓ 25m doggy paddle with breathing ✓ 25m legs only, with float. <p>25m arms only, with float</p>
	<ul style="list-style-type: none"> ✓ Backstroke
	<ul style="list-style-type: none"> ✓ Demonstrate start and turn ✓ 50m backstroke ✓ Back scull ✓ 20m legs only <p>25m arms only</p>
	<ul style="list-style-type: none"> ✓ Breaststroke/Butterfly
	<ul style="list-style-type: none"> ✓ Demonstrate start and turn ✓ 50m breaststroke or Butterfly ✓ 25m breaststroke legs only. ✓ 25m Breaststroke arms only
GOLD	Legal starts and turns must be tumble turns on front and back
	Freestyle & Backstroke
	<ul style="list-style-type: none"> ✓ Demonstrate freestyle and backstroke starts and turns ✓ Swim 200m Freestyle and 200 m backstroke ✓ Swim 100 m arms only, Free/Back. ✓ 25 M free stroke legs with butterfly arms ✓ 25 M backstroke legs with arms extended ✓ 25 M backstroke legs with double arm backstroke
	<ul style="list-style-type: none"> ✓ Breaststroke & Butterfly
	<ul style="list-style-type: none"> ✓ Demonstrate breaststroke and butterfly starts and turns ✓ Swim 200m Breaststroke or butterfly ✓ Swim 100m breaststroke legs only. ✓ Swim 50m of stroke not taken in 2 ✓ 25m butterfly legs & breaststroke arms only



Zogs Swim School

WATER CONFIDENCE PROGRAMME



Our **WATER CONFIDENCE PROGRAMME** is not to be confused with a water safety programme. Our programme helps to build your little ones confidence in the water - aged 9-36 months. This will prepare your little one for the **ZOGS LEARN TO SWIM PROGRAMME** and will enable your child to learn a lot faster.

ZOGS WATER CONFIDENCE PROGRAMME is for both parents and their little ones, with our main focus being to increase your little ones **CONFIDENCE** in the water through fun.

Lessons will take place on:

Tuesdays

Thursdays

Saturdays

Please bring along the following:

- Costume and towel for you and baby
- Little swimmers nappies
- Sunscreen

The reason why we believe that it is best to only begin the LEARN TO SWIM programme at 30 months

Firstly we believe that a child younger than 30 months does not totally comprehend or understand everything when being taught during a lesson and because swimming is an important life skill, it is crucial that everything is understood in order for your child to be safe in the water.

For a baby, water is a sensation or a feeling. If your child is water safe, he/she will know that once they 'feel' the water, they must turn on to their backs and float. The problem comes in when the pool is no longer the temperature where they originally learnt to be safe. The water no longer 'feels' the same and your little one may not know what to do to be safe in the water. We believe that is when accidents happen.

I feel that it is best to be honest with parents when it comes to water safety and to advise them as best we can. At ZOGS, our pool temperature is kept at a constant 31°C. Swimming is a life skill and we believe that the sooner your little one gets use to the water the faster they learn once they advance to the Learn to swim course.

You are more than welcome to pop past the school to observe our water confidence (9 -30month) classes, to decide if this is the right fit for you and baby.

We look forward to seeing you and baby soon ☺



Swimming Fees

Please note that we do not send out invoicing but rely solely on parents to ensure that fees are paid on/before the 1st of each month.

Our fees for the swimming season are listed below and they will remain in effect until the end of July 2016. There is an annual registration fee of R190 for each swimmer when joining Zogs Swim School and at the beginning of each year thereafter. This fee covers all administrative duties as well as a branded silicone swimming cap.

New Swimmers

Registration and Admin Fee

R190 per swimmer - Cash only

Please put this in an envelope with your child/children's names and surname and hand it to your teacher/instructor along with your signed forms.

Learn to swim

Semi private (2 – 6 swimmers)

Amount of Lessons per month	Length of lessons	Price of lessons per month	Price of lessons per term (-5%)	This is where you are @ present:
12	20 min	R1010	R3840	
8	20 min	R690	R2620	
4	20 min	R480	R1824	

Private lessons

Amount of Lessons per month	Length of lessons	Price of Lessons per month	Price of lessons per term (R)	This is where you are @ present:
12	20 min	R2190	R8322	
8	20 min	R1580	R6004	
4	20 min	R840	R3192	

Adult Learn to Swim/Stroke Correction

Amount of Lessons per month	Length of lessons	Price per lesson (R) (have to book for 1mth at a time)	Price of lessons per term (R)	This is where you are @ present:
12	30 min	R135	R6156	
8	30 min	R160	R4864	
4	30 min	R175	R2660	

Stroke Correction and Squad Training

Stroke correction (30 – 45 mins)

Amount of Lessons per month	Length of lessons	Price of lessons per month	Price of lessons per term (-5%)	This is where you are @ present:
12	30 min	R850	R3230	
8	30 min	R690	R2620	
4	30 min	R480	R1824	



Junior Squad training

Amount of lessons per week	Length of lessons	Price of lessons per month	Price of lessons per term (-5%)	This is where you are @ present:
3	45 min	R850	R3230	
2	45 min	R690	R2620	
1	45 min	R480	R1824	

Water Confidence Programme (For Babies)

Amount of lessons per week	Length of lessons	Price of lessons per month	Price of lessons per term (-5%)	This is where you are @ present:
2	20 min	R690	R2620	
1	20 min	R480	R1824	

Self-swim sessions (Note that this is not private)

Amount of session per week	Length of Sessions	Price of Sessions per month	Price of Sessions per term (-5%)	This is where you are @ present:
3	60 min	R530	R2014	
2	60 min	R460	R1748	
1	60 min	R330	R1254	

Please speak to you teacher about your child's swimming times especially if you wish to change times or increase the amount of times per week, so that we can ensure that the correct bookings are made.

Please note: all payments must be made to **Zogs Swim School** and can be paid directly to your teacher by cash or by EFT to the following account:

Bryanston Swimming School Bank Details

Acc. name: GG Zoghby
Bank: FNB
Branch code: 250 655
Acc. #: 6253 276 3142

Reference all of the following:

- Name/s & Surname
- Month/term for which payment is being made
- Teacher's initials

E.g. Child's name is Tom Jones and his swim teacher/coach is Grant Zoghby, your reference will be: **Tom Jones-JAN- GZ**



CONDITIONS OF ENROLMENT

1. SWIMMING FEES

- 1.1 **There is an annual registration fee of R190 payable per swimmer when joining Zogs Swim School and every year thereafter.** (This includes branded silicone swimming cap) and administration costs). **This fee is to be paid by CASH ONLY.**
- 1.2 Fees are payable in advance or on the first lesson of month. **Cheques will not be accepted.**
- 1.3 Fees will be increased annually.
- 1.4 There will be a late payment penalty added to your account if fees are paid later than the 15th of every month and lessons will be on hold until payment is made.
- 1.5 No refunds will be given.

2. MAKE UP LESSONS

- 2.1 **Lessons cancelled or not attended by pupils will not be made up.**

3. TERMINATION OF SWIMMING LESSONS

- 3.1 **There is a payable one month notice period before termination of your lessons.**
- 3.2 **Any issues regarding non-payment of notice will be handed over to our attorneys.**
- 3.3 **All notice must be given in writing.**

4. GENERAL

- 4.1 **The school is closed on public holidays and these lessons will not be made up.**
- 4.2 Swimming caps are to be worn at all times when swimming.
- 4.3 Teachers/staff are not responsible for pupils outside their lesson times.
- 4.4 Please inform us of any change of address or telephone numbers.
- 4.5 We reserve the right to change or substitute your swimming coach or teacher and time as we feel necessary.
- 4.6 Although utmost care is taken, neither Zogs Swim School, Grant Zoghby, or any other person in control thereof or in charge thereof shall be liable in any manner whatsoever for any injury or death of a member or any other person present at the premises of the Zogs Swim School. Furthermore, we will not be liable for any possessions of the member or any other person being lost or damaged, whilst the member or person is on the Swim School premises.
- 4.7 All pupils and parents must be familiar with all the rules and regulations laid down by Zogs Swim School and agree to always adhere to them.



Bryanston

Swimmer 1	Swimmer 2
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First Name and Surname

First Name and Surname

Date of Birth

Date of Birth

School Age

School Age

Allergies/Physical Problems/Medication

Allergies/Physical Problems/Allergies

Swimming Teacher(s) Name(s)

Swimming Teacher(s) Name(s)

Starting Date

Starting Date

Parents Details

Mothers Name and Surname

Fathers Name and Surname

Mothers Occupation

Fathers Occupation

Mothers Contact Details – (Cell)

Fathers Contact Details (Cell)

Home Phone Work Phone

Home Phone Work Phone

Residential Address

Email Address

Email address

I hereby acknowledge that I have read and fully understood the conditions of enrollment and that I will abide by the rules mentioned in them. If the any accounts owing to Zogs Swim School are not paid in due course, any legal cost in attaining monies will be at the client's expense.

Parent's/Guardian's Signature

Date



Zogs Swim School
Training & Teaching Agreement
For 2015/2016 Swimming Season

I, _____ THE PARENT /GUARDIAN OF

HEREBY ENROLL MY
AFOREMENTIONED SON'S/DAUGHTER'S FOR SWIMMING COACHING AND
TRAINING AT ZOGS SWIM SCHOOL. I ENROLL MY CHILD/CHILDREN UNTILL
30 DAYS NOTICE IS GIVEN AND AGREE TO THE COACHING/TEACHING FEE
OF R _____, PAYABLE PER MONTH/QUARTERLY IN ADVANCE.

SWIMMING TERMS

Term I Aug / Sep / Oct / Nov

Term II Jan / Feb / March / April

Term III May / June / July

Payment to be amended over 3 months instead of 4

Please speak to Grant to confirm, otherwise monthly fees apply.

I UNDERSTAND THAT IF I WISH TO CANCEL THE TRAINING /TEACHING
AGREEMENT BEFORE THE COURSE IS COMPLETED, A WRITTEN LETTER
MUST BE GIVEN TOGETHER WITH A FULL CALENDAR MONTH PENALTY FEE.

The coach in charge of the training group will take every precaution to the best of their ability to ensure the child's/student's safety, neither he/she will accept any liability for any claims arising from any accident or injury happening to the child/student while he/she is in the care of the training group coach

PARENT/GUARDIAN _____

SIGNATURE _____

DATE _____



Fridge Lesson Schedule

(Please stick this on YOUR fridge)

Congratulations on signing up with Zogs Swim School, it is a pleasure to have you in our school!

The swimming lessons will take place on:

Name	Mon	Tue	Wed	Thu	Fri	Sat	Teachers Name

The lessons will cost R_____ per month / quarter, with a one calendar month notice period for cancellation of swimming lessons. Please note that all payments must be made to **Zogs Swim School** and can be paid directly to your swimming teacher by cash; or by direct payment to the following account:

GG Zoghby

FNB

Branch code: 250 655

Acc. No: 6253 276 3142

Reference - Name/s & Surname, month/term for which payment is being made - teacher's initials

All cash payments are to be in an envelope with your child's name on it and their swimming teachers name as well as the month for which payment is being made.

We look forward to assisting you with all your swimming needs in the future. May your swimming experience with us be one to remember.

If you have any queries, please contact your swimming teacher or Grant.

Thank you for your support and I hope we continue to provide you with the best service possible.

Yours in Swimming,

Grant Zoghby

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grant@zogs.co.za

www.zogs.co.za

<https://www.facebook.com/ZogsSwimSchool>

