



**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.**

**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:**

<b>Mommy and me (with mom)</b>	<b>6 months to 18 months</b>
<b>Water Confidence (with mom)</b>	<b>19 months to 30 months</b>
<b>Learn to Swim – Children</b>	<b>2 ½ – 8 years or older</b>
<b>Learn to Swim – Adults</b>	<b>18 – 70 years</b>
<b>Stroke Correction</b>	<b>6 years – Adults</b>
<b>Squad Training</b>	<b>9 – 25 years</b>
<b>General Fitness/Training</b>	<b>All Ages</b>



# Learn To Swim Progress Chart

<b>1. Mommy and me</b>	<ul style="list-style-type: none"> <li>✓ First experience in the water <b>with parent in water</b></li> <li>✓ Babies between 6 to 18 months old</li> </ul>
<b>2. Water Confidence</b>	<ul style="list-style-type: none"> <li>✓ Comfortable in the water <b>with parent in water</b></li> <li>✓ Babies between 19 to 30 months old</li> </ul>
<b>3. Starfish Non swimmer Certificate</b>	<ul style="list-style-type: none"> <li>✓ Comfortable moving through the water, aided with floats or arm bands without parents</li> <li>✓ Climb safely into the pool</li> </ul>
<b>4. Seahorse Waterborne Certificate</b>	<ul style="list-style-type: none"> <li>✓ Swim unaided</li> <li>✓ Climb in and out of the pool safely</li> <li>✓ Jump in at deep end, swim a distance of 5-7 meters doggy paddle without any assistance, breath a few times and catch the wall.</li> <li>✓ Must be able to swim with face in water blowing bubbles for 5 seconds</li> </ul>
<b>5. Jelly Fish 5meter Certificate</b>	<ul style="list-style-type: none"> <li>✓ Can do correct big arms for 5 meters</li> <li>✓ Push glides from the edge of the pool</li> <li>✓ Star and mushroom float</li> </ul>
<b>6. Octopus 10meter Certificate</b>	<ul style="list-style-type: none"> <li>✓ 10m freestyle with side breath</li> <li>✓ Kick 10m on backs</li> <li>✓ Can dive in from edge of pool</li> </ul>
<b>7. Shark 20 meter Certificate</b>	<ul style="list-style-type: none"> <li>✓ Able to swim 20 metres of freestyle and backstroke/breast stroke without stopping.</li> <li>✓ Backstroke start</li> <li>✓ Glide on back for 10 seconds</li> <li>✓ Dive and retrieve an object underwater</li> </ul>
<b>8. Whale Intermediate Certificate</b>	<ul style="list-style-type: none"> <li>✓ Swim 30m of 3 strokes with correct technique (Freestyle and backstroke compulsory)</li> <li>✓ Correct touches/finishes for each stroke</li> <li>✓ Tread water for 45 seconds</li> <li>✓ Racing dive</li> <li>✓ Surface dive &amp; retrieve object from 2m deep</li> </ul>
<b>9. Dolphin Swimmer Certificate</b>	<ul style="list-style-type: none"> <li>✓ Swim 40m in all strokes with correct technique</li> <li>✓ Correct finishes in each stroke.</li> <li>✓ Freestyle tumble turn</li> <li>✓ Tread water for 120 seconds</li> <li>✓ Swim 10m underwater</li> </ul>



<b>SQUADS</b>	
<p><b><u>BRONZE:</u></b></p> <p><b>Swim +- 600 meters a session.</b></p>	<ul style="list-style-type: none"> <li>✓ Clothed in shirt and long pants, water deeper than the candidate</li> <li>✓ Tread water for 1min.</li> <li>✓ Surface dive and pick up an object.</li> <li>✓ Mushroom float.</li> <li>✓ Swim 5m on front, without stopping, roll on to back and swim 5 m sculling.</li> <li>✓ In deep water, remove clothes without touching side or bottom</li> <li>✓ Glide from side of pool in full extension position/streamlined.</li> <li>✓ Swim 25 m on front and back in all 4 strokes.</li> </ul>
<p><b><u>SILVER:</u></b></p> <p><b>Swims +- 800/1000meters per session</b></p>	<p><b>Freestyle</b></p> <ul style="list-style-type: none"> <li>✓ Demonstrate racing dive and a tumble turn</li> <li>✓ 50m freestyle</li> <li>✓ 25m doggy paddle with breathing</li> <li>✓ 25m legs only, with float.</li> <li>✓ 25m arms only, with float</li> </ul> <p><b>Backstroke</b></p> <ul style="list-style-type: none"> <li>✓ Demonstrate start and turn</li> <li>✓ 50m backstroke</li> <li>✓ Back scull</li> <li>✓ 20m legs only</li> <li>✓ 25m arms only</li> </ul> <p><b>Breaststroke/Butterfly</b></p> <ul style="list-style-type: none"> <li>✓ Demonstrate start and turn</li> <li>✓ 50m breaststroke or Butterfly</li> <li>✓ 25m breaststroke legs only</li> <li>✓ 25m Breaststroke arms only</li> <li>✓ Legal starts and turns must be tumble turns on front and back</li> </ul>
<p><b><u>GOLD:</u></b></p> <p><b>Swims +- 1200 meters plus per sessions</b></p>	<p><b>Freestyle &amp; Backstroke</b></p> <ul style="list-style-type: none"> <li>✓ Demonstrate freestyle and backstroke starts and turns</li> <li>✓ Swim 200m Freestyle and 200 m backstroke</li> <li>✓ Swim 100 m arms only, Free/Back.</li> <li>✓ 25 M free stroke legs with butterfly arms</li> <li>✓ 25 M backstroke legs with arms extended</li> <li>✓ 25 M backstroke legs with double arm backstroke</li> </ul> <p><b>Breaststroke &amp; Butterfly</b></p> <ul style="list-style-type: none"> <li>✓ Demonstrate breaststroke and butterfly starts and turns</li> <li>✓ Swim 200m Breaststroke or butterfly</li> <li>✓ Swim 100m breaststroke legs only.</li> <li>✓ Swim 50m of stroke not taken in 2</li> </ul>



# MOMMY AND ME PROGRAMME

Our **MOMMY AND ME PROGRAMME** is not to be confused with a water safety programme. It has been designed to get your precious baby comfortable in the water – aged 6 – 18 months - and instil a love of water at an early age. Once your baby has been through this programme and you can see how much they enjoy being in the water, they will be ready to move on to the next level, Water Confidence.

# WATER CONFIDENCE PROGRAMME

Our **WATER CONFIDENCE PROGRAMME** is not to be confused with a water safety programme. Our programme helps to build on your little ones confidence in the water - aged 19 - 30 months. Key achievements in this level will be holding on to the wall, kicking for themselves in the water, falling in and peddling back to the wall and other key safety skills as a start to enable your child to learn a lot faster and prepare your little one for the **ZOGS LEARN TO SWIM PROGRAMME**.

**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.

Please bring along the following:

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

## Reasons why we believe it is best to begin the LEARN TO SWIM programme once your little one has reached +-30 months of age

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 confident in 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 (6 -30 months) classes, to decide if this is the right fit for you and your 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 1<sup>st</sup> of each month/termly in advance.

Our fees for the swimming season are listed below and they will remain in effect until the end of July 2020. There is an annual administration fee of R260 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.

## All Swimmers

**Annual Administration Fee** R260 per swimmer - **Cash only** - please put this in an envelope with the swimmers' names and surname and hand it to to Kumbu in the registration room 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.	This is where you are @ present:
12	20 min	R1,415.50	R5,662.00	
8	20 min	R989.00	R3,956.00	
4	20 min	R678.50	R2,714.00	

### 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	R3,085.00	R12,340.00	
8	20 min	R2,226.00	R8,904.00	
4	20 min	R1,196.00	R4,784.00	

### Adult 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	R190.75	R9,156.00	
8	30 min	R226.50	R7,248.00	
4	30 min	R252.25	R4,036.00	

## 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	This is where you are @ present:
12	30 min	R1,200.00	R4,800.00	
8	30 min	R989.00	R3,956.00	
4	30 min	R678.50	R2,714.00	



### Junior Squad training

Amount of lessons per week	Length of lessons	Price of lessons per month	Price of lessons per term	This is where you are @ present:
3	45 min	R1,200.00	R4,800.00	
2	45 min	R989.00	R3,956.00	
1	45 min	R678.50	R2,714.00	

### Water Confidence Programme (For Babies)

Amount of lessons per week	Length of lessons	Price of lessons per month	Price of lessons per term	This is where you are @ present:
3	20 min	R1,415.50	R5,662.00	
2	20 min	R989.00	R3,956.00	
1	20 min	R678.50	R2,714.00	

### 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	This is where you are @ present:
3	60 min	R759.00	R3,036.00	
2	60 min	R660.00	R2,640.00	
1	60 min	R471.50	R1,886.00	

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 in cash to Kumbu in the registration room/coffee shop, 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 please:

- The swimmers full Name/s **AND** Surname so that the money can be allocated correctly.

**Please note that this reference is VERY NB, as sometimes we have multiple children with the same name or surname.**



# CONDITIONS OF ENROLMENT

## 1. SWIMMING FEES

- 1.1 **There is an annual administrative fee of R260 payable per swimmer when joining Zogs Swim School and every year thereafter.** This includes the administration cost as well as a branded silicone swimming cap. **This fee is to be paid in CASH ONLY.**
- 1.2 Fees are payable in advance or on the first lesson of month. **Cheques/Cash deposits will not be accepted.**
- 1.3 Fees will be increased annually on 1 August of each year.
- 1.4 There will be a late payment penalty added to your account if fees are paid later than the 15<sup>th</sup> of every month and lessons will be on hold until payment is made.
- 1.5 No refunds will be given.
- 1.6 No swimmers will be allowed into the pool if fees are not paid up to date.

## 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 one-month notice period required for 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 physical and/or email address, or telephone numbers.
- 4.5 We reserve the right to change or substitute your swimming coach or teacher and lesson 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 Registration Form 2019/2020**  
*Please complete all of the below fields:*

Swimmer 1	Swimmer 2
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First Name and Surname	First Name and Surname
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Date of Birth	Date of Birth
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School	Age	School	Age
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Allergies/Physical Problems/Medication	Allergies/Physical Problems/Medication
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Swimming Teacher(s) Name(s)	Swimming Teacher(s) Name(s)
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Starting Date	Starting Date
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How did you hear about Zogs?
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Parents Details
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Mothers Name and Surname	Fathers Name and Surname
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Mothers Occupation	Fathers Occupation
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Mothers Contact Details – (Cell)	Fathers Contact Details (Cell)
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Home Phone	Work Phone	Home Phone	Work Phone
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Residential Address
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Email Address	Email address
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*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 any accounts owing to Zogs Swim School are not paid in due course, all legal costs in attaining monies will be at the client's expense.*

Signature:	Date:
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## Training & Teaching Agreement For 2019/2020 Swimming Season

AS THE PARENT/GUARDIAN, I, \_\_\_\_\_, HEREBY ENROL MY CHILD/CHILDREN \_\_\_\_\_ FOR SWIMMING COACHING AND TRAINING AT ZOGS SWIM SCHOOL. I AGREE TO THE COACHING/TEACHING FEE OF R \_\_\_\_\_, PAYABLE PER MONTH/ QUARTERLY IN ADVANCE. THE CHILD/CHILDREN WILL CONTINUE WITH LESSONS UNTIL 30 DAYS NOTICE IS GIVEN IN WRITING.

### SWIMMING TERMS

**Term 1** Aug / Sep / Oct / Nov

**Term 2** Jan / Feb / Mar / Apr

**Term 3** May / Jun / Jul *(Payment to be amended over 3 months instead of 4. Please speak to Greg to confirm, otherwise monthly fees apply.)*

**Crash Course** Dec Dates to be confirmed

**I UNDERSTAND THAT IF I WISH TO CANCEL THE TRAINING /TEACHING AGREEMENT, COMMUNICATION IN WRITING VIA EMAIL OR LETTER MUST BE GIVEN TOGETHER WITH A FULL CALENDAR MONTH FEE AS NOTICE PERIOD.**

*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.*

*I hereby acknowledge that photos and videos may be taken of participants in the Zogs Swim School activities, including of myself and the minor children, and that such photos and videos may be used for Zogs Swim School staff training and/or advertising purposes/social media online content. I understand and agree that all such photos and videos are the sole and exclusive property of Zogs Swim School. I further acknowledge that Zogs Swim School may use such media unless I contact Zogs Swim School management and withdraw my consent to such use in writing.*

\_\_\_\_\_  
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 in cash to Kumbu in the registration room or via EFT into the following account:

## **GG Zoghby**

FNB

Branch code: 250 655

Acc. No: 6253 276 3142

Reference - Name/s **AND** Surname (critical when more than one child has the same name).

**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**

082 334 6973

[grant@zogs.co.za](mailto:grant@zogs.co.za)

[www.zogs.co.za](http://www.zogs.co.za)

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

