



## CSAC AQUATIC PROGRAM OF EXCELLENCE: CENTURION

### LENCHEN BRANCH BABIES TO ADULTS

### PROGRAMS

#### BABIES 6mths - 2,5yrs 6m Small Pool

Parents are in the water with baby. Following a TLC approach, song based lessons encourage bonding and learning through play. A 6m Indoor heated pool provide a lovely environment for lessons. An electronic Progress Report is sent twice a year.

#### WATER SAFETY & LEARN TO SWIM 3yrs & older small 6m / Intermediate 12m Pool

The beginner program is conducted in a 6m and 12m Indoor heated pools. Four swimmers are allocated per instructor. Carefully constructed Lessons with a duration of 20 minutes follow a specific program which enable and provide progress. An electronic report is sent twice a year.

#### STROKE DEVELOPMENT 4yrs & up 12m Intermediate / 25m Pool

After completion of the Beginner program, the four basic swimming strokes are taught in both the 12m and 25m Indoor Heated Pools. The Stroke Development program has a duration of 20 minutes in the 12m pool, from where the swimmer will move to the 30 minute Stroke School Program. in the 25m pool at Midlands or Curro Thatchfield. By then a Stroke Certificate is completed.

#### SCHOOL SWIMMING: AFFILIATED NURSERY & PRIMARY SCHOOLS

FREE TRANSPORT is provided to collect/drop swimmers from ages 3yrs from/to our affiliated Nursery & Primary schools that are part of our swimming family. We do not collect from home.

#### BEGINNER & INTERMEDIATE ADULT COURSES

We offer Beginner Adult swimming courses that take place Monday - Thursdays. 6pm-7pm.



CONTACT THE OFFICE FOR MORE INFORMATION

Call 012 663 6035 or email: [centurionswim@vodamail.co.za](mailto:centurionswim@vodamail.co.za)

[WWW.CENTURIONSWIM.CO.ZA](http://WWW.CENTURIONSWIM.CO.ZA)



## CSAC AQUATIC PROGRAM OF EXCELLENCE: CURRO

### CURRO THATCHFIELD AQUATIC CENTRE LEARN TO SWIM TO ADULTS

## PROGRAMS

### WATER SAFETY & LEARN TO SWIM 3yrs & older 12m Pool

Our beginner program is conducted in a 12m Indoor Heated Pool. Up to 4 swimmers are allocated per instructor. A 30 minute lesson follows a specific program to enable and promote progress. The electronic Progress Report is sent twice a year.

### STROKE DEVELOPMENT 4yrs & up 12m Pool

After completion of the Beginner Program, swimmers start with the 4 basic swimming strokes. This Stroke Development Program has a duration of 30minutes in the 12m indoor heated pool, where swimmers will move to the 25m pool after completion thereof. An electronic Progress Report is sent twice a year.

### STROKE SCHOOL 5yrs & Up 25m POOL

Our Stroke School is designed in such a way that it bridges the Learn to swim and competitive Squad Swimming program. All four strokes are fine tuned as well as Starts, Turns, Underwater work and the Golden Rules of Swimming are taught. Speed and endurance will be developed with a duration of 30minute lessons in the 25m pool. The electronic Progress Report is sent twice a year.

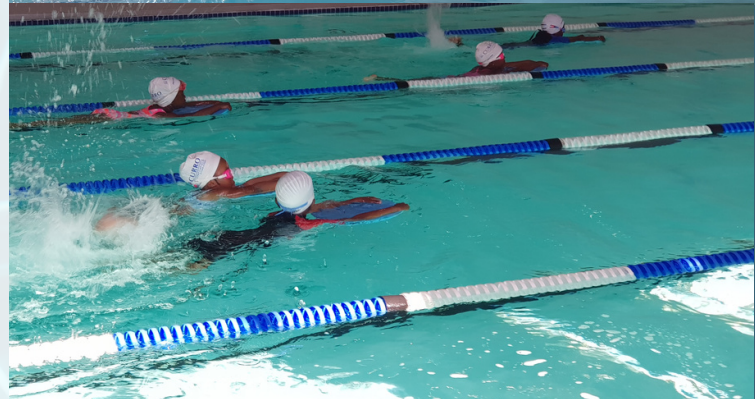
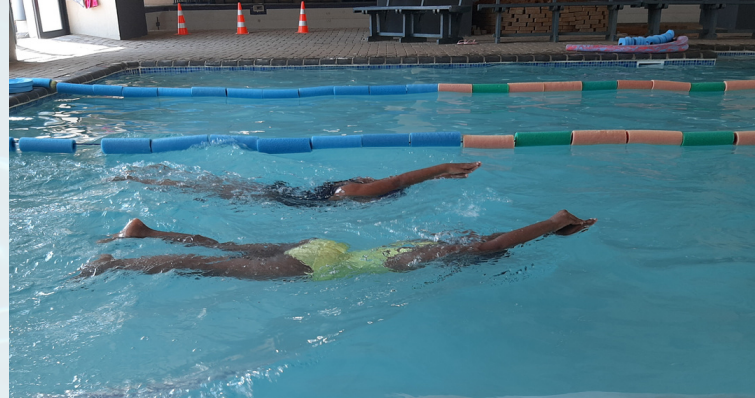
### PRE-SQUAD TO TUKS CLUB SWIMMING SWIMMING 25m POOL

Pre- Squad, Jnr & Snr Squad up to Competitive School Swimming & TUKS Club Swimming is the next step in our stroke school program where focus on improving fitness is mastered. Speed, endurance and race techniques are incorporated in 45 minutes and 90 minute sessions, depending on the skill and ability of the swimmer.

### ADULT SWIMMING COURSES

We offer Beginner Adult Swimming courses that take place Monday - Thursdays. 6pm-7pm.

We also offer intermediate - advanced adult lessons on a Moth to Month Basis.



CONTACT THE OFFICE FOR MORE INFORMATION

067 414 2231 OR Email : [curroswim@vodamail.co.za](mailto:curroswim@vodamail.co.za)

[WWW.CENTURIONSWIM.CO.ZA](http://WWW.CENTURIONSWIM.CO.ZA)



## MIDSTREAM RIDGE BRANCH BABIES TO ADULTS

### PROGRAMS

**BABIES 6mths-2,5yrs**  
Small Pool 6m

Parents are in the water with baby. Following a TLC approach, song based lessons encourage bonding and learning through play. A 6m Indoor heated pool provide a lovely environment for lessons. An electronic Progress Report is sent twice a year.

**WATER SAFETY & LEARN TO SWIM 3yrs & Up**  
Baby/Intermediate Pool

The beginner program is conducted in a 6m and 12m Indoor heated pools. Four swimmers are allocated per instructor. Carefully constructed Lessons with a duration of 20 minutes follow a specific program which enable and provide progress. An electronic report is sent twice a year.

**STROKE DEVELOPMENT 4yrs & up**  
Intermediate/25m Pool

After completion of the Beginner program, the four basic swimming strokes are taught in both the 12m and 25m Indoor Heated Pools. The Stroke Development program has a duration of 20 minutes in the 12m pool, from where the swimmer will move to the 30 minute Stroke School Program. in the 25m pool at Midlands. By then a Stroke Certificate is completed.

## BEGINNER ADULT COURSES

We offer Beginner and Intermediate adult swimming courses that take place Monday - Thursdays. 6pm-7pm.



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## CSAC AQUATIC PROGRAM OF EXCELLENCE: MIDSTREAM

# MIDLANDS AND MIDSTREAM COLLEGE BRANCHES

## PROGRAMS

### MIDLANDS 25M INDOOR HEATED POOL STROKE DEVELOPMENT BRIDGING

Our Stroke Development Program starts in the 12 m Indoor Heated Pool at the Midstream Ridge Branch. Once the Stroke Certificate is completed, swimmers move to the 25m Indoor Heated Pool at Midlands. 30 minute Stroke Development Bridging lessons are followed by the Stroke School Program. The electronic Progress Report is sent twice a year.

### MIDLANDS 25M INDOOR HEATED POOL STROKE SCHOOL & PRE - SQUAD SWIMMING

Our Stroke School is designed in such a way that it bridges the Learn to swim and competitive Squad Swimming program. All four strokes are fine tuned as well as Starts, Turns, Underwater work and the Golden Rules of Swimming are taught. Speed and endurance will be developed with a duration of 30 minute - 45 minute lessons in the 25m pool. The electronic Progress Report is sent twice a year.

### MIDSTREAM COLLEGE 25M INDOOR HEATED POOL JNR & SNR SQUAD & COMPETITIVE SCHOOL SWIMMING/TRAINING

Squad and Competitive School Swimming is the next step in our stroke school Program where focus on improving fitness is mastered. Speed, endurance and race techniques are incorporated in 45 minutes and 90 minute sessions, depending on the skill and ability of the swimmer.

### MIDSTREAM COLLEGE 25M INDOOR HEATED POOL TUKS CLUB SWIMMING

This program is assisting swimmers who wish to compete on provincial / national levels. We have registered as a TUKS Satellite Club and swimmers must register as TUKS Club Swimmers to be able to compete. Our coaches are of the best in South Africa and their dedication to these swimmers are phenomenal. We also collaborate with TUKS Aquatics.



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