

CENTURION AQUATIC CENTRE

LENCHEN BRANCH BABIES TO ADULTS

PROGRAMS

BABIES 6mths - 2,5yrs

Baby Pool

Mom / dad are in the water with baby. We follow a TLC approach and the lessons are all song based to encourage bonding and learning through play. Lessons take place in the 6m Indoor Heated pool. An Electronic Progress Report is sent twice a year.

WATER SAFETY & LEARN TO SWIM 3yrs - 16yrs

Baby / Intermediate Pool

This is our Beginner Program.

Lessons take place in both our 6m and 12m Indoor Heated pools. We allocate 4 swimmers per instructor. Lessons are 20min. We follow a specific program that enables and promotes progress. An Electronic Progress Report is sent twice a year.

STROKE DEVELOPMENT 4yrs & up

Intermediate / 25m Pool

This program is our Stroke Development program and takes place in the 12m Indoor Heated Pool. Lessons are 20 minutes. From the Stroke Development Program, they will MOVE TO Stroke School that are 30 min. lessons. These are either an extension at the 12m pool or the 25m Indoor Heated Pools at either Curro Aquatic Centre OR the Midlands 25m Pool. Once there, we also offer Jnr, Snr Squad Training as well as TUKS Club Swim Program.

FREE TRANSPORT from ages 3yrs from the Nursery & Primary schools that are part of our swimming family. We do not collect from home.

BEGINNER & INTERMEDIATE ADULT COURSES

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



ADULTS BEFORE LOCKDOWN

CONTACT THE OFFICE FOR MORE INFORMATION

Call 012 663 6035 or email: centurionswim@vodamail.co.za

WWW.CENTURIONSWIM.CO.ZA

CURRO AQUATIC CENTRE

CURRO THATCHFIELD AQUATIC CENTRE LEARN TO SWIM TO ADULTS

PROGRAMS

WATER SAFETY & LEARN TO SWIM 3yrs - 16yrs Intermediate 12m Pool

This is our Beginner Program.

Lessons take place in the 12m Indoor heated pool. We allocate 4 swimmers per instructor. Lessons are 30min. We follow a specific program that enables and promotes progress. An Electronic Progress Report is sent twice a year.

STROKE DEVELOPMENT 4yrs & up 12m Pool

Once your child has completed the Beginner Program, they start learning the 4 basic swimming strokes. This program is our Stroke Development program and also takes place in the 12m Indoor Heated Pool. From the 30 min. Stroke Development Program in the 12m Pool, they will MOVE TO the 25m Indoor Heated Pool for the 30 min. STROKE SCHOOL Program. An Electronic Progress Report is sent twice a year.

STROKE SCHOOL 4yrs & Up 25m POOL

Our STROKE SCHOOL Program is designed in such a way to create a BRIDGE between Learn to Swim and Competitive Squad Swimming program. In this program we fine tune the 4 swim strokes, we teach them starts & finishes, the golden rules of swimming AND develop their speed and endurance. 30 min. lessons in a 25m Pool. An Electronic Progress Report is sent twice a year.

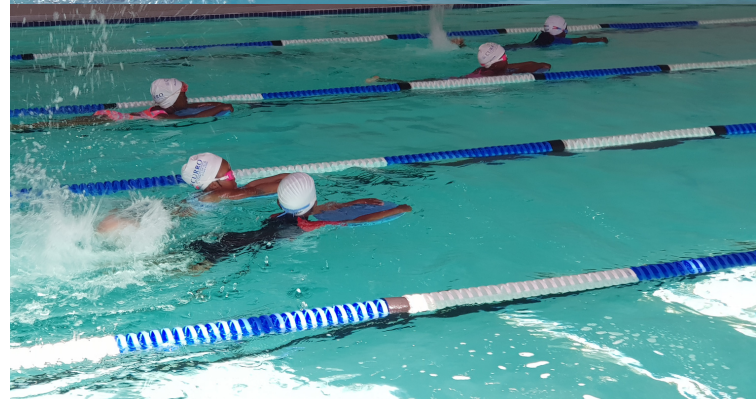
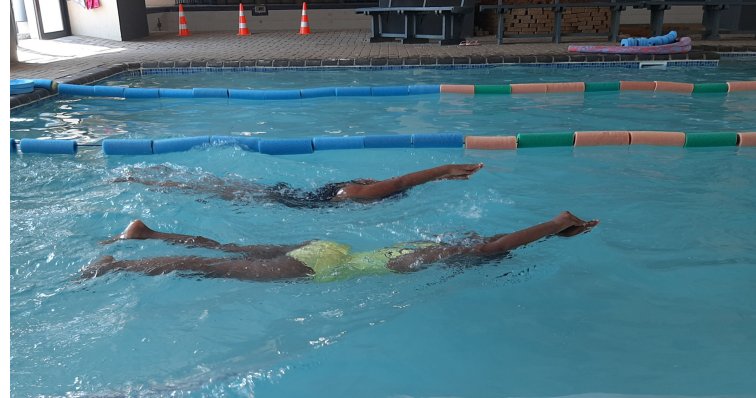
SQUAD AND COMPETITIVE SCHOOL SWIMMING 25m POOL

Squad and Competitive School Swimming is the next step in the Stroke School Program. This is where the classes start increasing in difficulty with the focus on improving fitness, speed, endurance and race techniques. Classes vary between 45min and 90min sessions depending on the swimmer's ability and skill level.

ADULT SWIMMING COURSES

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

We also offer advanced adult lessons every Saturday monthly



CONTACT THE OFFICE FOR MORE INFORMATION

067 414 2231 OR Email : curroswim@vodamail.co.za

WWW.CENTURIONSWIM.CO.ZA

MIDSTREAM AQUATIC CENTRE

MIDSTREAM RIDGE BRANCH

BABIES TO ADULTS

PROGRAMS

BABIES 6mths-2,5yrs

Baby Pool 6m

Mom / dad are in the water with baby. We follow a TLC approach and the lessons are all song based to encourage bonding and learning through play. Lessons take place in the 6m Indoor Heater pool. An Electronic Progress Report is sent twice a year.

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

This is our Beginner Program.

Lessons take place in the 6m and 12m Indoor heated pools. We allocate 4 swimmers per instructor. Lessons are 20-minutes. We follow a specific program that enables and promotes progress. An Electronic Progress Report is sent twice a year.

STROKE DEVELOPMENT 4yrs & up Intermediate/25m Pool

Once your child has completed the Beginner Program, they start learning the 4 basic swimming strokes. This program is our Stroke Development program and takes place in the 12m Indoor Heated Pool. Lessons are 20-minutes. From the Stroke Development Program, they will MOVE TO the 30 min. Stroke School Program at the 12m pool and from there, once finished with the Stroke Certificate, to the 25m Indoor Heated Pool at MIDLANDS for STROKE SCHOOL.

BEGINNER & INTERMEDIATE ADULT COURSES

We offer Beginner and Intermediate 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

WWW.CENTURIONSWIM.CO.ZA

MIDSTREAM AQUATIC PROGRAM

MIDLANDS BRANCH

STROKE SCHOOL TO TUKS CLUB SWIMMING

PROGRAMS

STROKE SCHOOL 25m TRAINING

Pool

Once the swimmers complete the stroke certificate in the 12m pool, they will move to our Midlands branch, to the 25 m pool. The pool temperature averages between 26 - 28 Degrees. Here we focus on fine tuning and developing the strokes further. We increase fitness and endurance to prepare the swimmers for squad and competitive swimming.

Lessons are 30-minutes long. Swimmers receive a progress report twice a year.

SQUAD AND COMPETITIVE SCHOOL SWIMMING 25m

The Squad and competitive swimming program, brings the swimmers closer to competing at provincial and national levels. The training programs increase from 30 min. sessions to 45-90 min. sessions.

TUKS CLUB SWIMMING

This program is developed to develop and assist swimmers who wish to compete on provincial/national levels. We have registered as a TUKS Satellite Club. Once we register the swimmer as a TUKS Club Swimmer, they can now compete at provincial and national levels. Our coaches are of the best in SA and their dedication to these swimmers are phenomenal. We also work closely with TUKS Aquatics.

**WE PROVIDE THE STEPPINGSTONES SO THAT WE CAN TAKE YOUR
CHILD ALL THE WAY TO HELP REACH THEIR DREAM**



CONTACT THE OFFICE FOR MORE INFORMATION

Call 012 663 6035 or Email: centurionswim@vodamail.co

WWW.CENTURIONSWIM.CO.ZA