

**TERM 1**  
**PRIVATE SWIMMING FEES**  
**21 January - 15 March 2019**  
**Activity**

Squad Swimming*		Learn-to-Swim**		Stroke Coaching***		Adult /Individual Coaching	Private Access (Monthly Pass pp)	Masters Swim Squad	
Intermediate	Junior Squad								
Focus: skills and stroke development	Focus: skills; stroke development; training	Focus: water-safety; introduction to swim/stroke concepts		Focus: stroke development		Focus: specific to individual	Private	Focus: Training Session, Coach on deck	
Monday and Wednesday	Monday and Wednesday	Monday	Thursday	Wednesday	Friday	TBC	Monday to Friday	Monday AND Thursday	
(Ages: 6-9) Group 1: 14:50-15:30 Group 2: 15:20-16:00	(Ages: 9-13) 15:50-17:00	13:30-14:00  14:00-14:30	13:30-14:00  14:00-14:30	13:30-14:00  14:00-14:30	13:30-14:15  14:15-15:00	Please contact me directly to schedule a session	6:00 - 8:00 AND 17:00 - 18:00 (6 lanes) Monday 10:30-12:30 (3 lanes) Thursday 8:00 - 12:30 (3 lanes)	6:45 - 7:45 AM	
Cost: R1100.00 (16 sessions)		Cost: R360.00 pp pm for 4 Lessons / R650.00 pp pm for 8 Lessons		Cost: R360.00 pp pm for 4 Lessons / R650.00 pp pm for 8 Lessons			Cost: R175.00 per 45min Lesson	Cost: R500.00 pm pp Term 1	Cost: R400 pm pp
*If you are uncertain as to where your child fits in please contact me so that we can schedule an assessment.		**Group size : ratio 1:3 / 2:6 coaches:swimmers		***Group size: dependant on homgenity of swimmers (but between 2-6)					

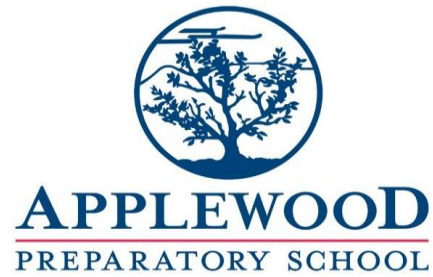
**PLEASE CONTACT BRETT WOOD IF YOU HAVE ANY QUESTIONS**

**AQUATICS CENTRE MANAGER - BRETT WOOD**

**062 279 4098**

**[aquatics@applewood.co.za](mailto:aquatics@applewood.co.za)**

SCHOOL SWIMMING LESSONS AND SQUAD TRAINING ARE INCLUDED IN THE SCHOOL FEES - NO ADDITIONAL COSTS  
PRIVATE SWIMMING ACTIVITIES AND FEES AS INDICATED ABOVE ARE AVAILABLE TO ALL PARENTS AND CHILDREN



### OUTDOOR POOL - SCHEDULE - 2019

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00 - 6:30	Masters Squad 4L / Public Space 2L	Public Space	Public Space	Masters Squad 4L / Public Space 2L	Public Space
6:30 - 7:00	Masters Squad 4L / Public Space 2L	Public Space	Public Space	Masters Squad 4L / Public Space 2L	Public Space
7:00 - 7:30	Public Space	Public Space	Public Space	Public Space	Public Space
7:30 - 8:00	Public Space	Public Space	Public Space	Public Space	Public Space
8:00 - 8:30	CLOSED: Maintenance	Grade 1	Public Space	Public Space (3 Lanes)	Outreach
8:30 - 9:00	CLOSED: Maintenance			Public Space (3 Lanes)	
9:00 - 9:30	CLOSED: Maintenance	Grade 2	Grade 5	Public Space (3 Lanes)	
9:30 - 10:00	CLOSED: Maintenance			Public Space (3 Lanes)	
10:30 - 11:00	Public Space (3 Lanes)	Grade 3	Grade 6	Public Space (3 Lanes)	CLOSED: Maintenance
11:00 - 11:30	Public Space (3 Lanes)			Public Space (3 Lanes)	CLOSED: Maintenance
11:30 - 12:00	Public Space (3 Lanes)	Grade 4	Grade 7	Public Space (3 Lanes)	CLOSED: Maintenance
12:00 - 12:30	Public Space (3 Lanes)			Public Space (3 Lanes)	CLOSED: Maintenance
13:30 - 14:15	PVT - Coaching Stroke	Public Space	PVT - Coaching Stroke	Public Space (3 Lanes)	PVT - Coaching Stroke
14:15 - 15:00	PVT - Coaching Stroke	Public Space	PVT - Coaching Stroke	Public Space (3 Lanes)	PVT - Coaching Stroke
15:00 - 15:50	Grade 1-3 Squad	Public Space	Grade 1-3 Squad	Public Space (3 Lanes)	Public Space (3 Lanes)
15:40-16:50	Grade 4 -7 Squad	Public Space	Grade 4 -7 Squad	Public Space (3 Lanes)	Public Space (3 Lanes)
		Public Space		Public Space (3 Lanes)	Public Space (3 Lanes)
17:00 - 18:00	Public Space	Public Space	Public Space	Public Space	Public Space