

# GreyPups

NEWSLETTER

PRIVATE

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www.greypups.co.za

Hi all GreyPups swimmers

Our lessons for the fourth term begin on Tuesday the 9<sup>th</sup> Oct 2018.

**Dates:** Tuesday the 9<sup>th</sup> October - Monday the 10<sup>th</sup> December (9 weeks)

**Venue:** Waterstone Virgin Active 10m Leisure pool.

All coaching in the 10m Leisure pool is with the coach in the water with the swimmers.

## **Private and Shared lessons**

Private and shared lessons are 20 min lessons, 1 (private) or 2 swimmers.

**"Puppy" series:** We'll start with learning how to exhale underwater and progress with mastering a list of important water safety skills. The emphasis is on independence in the water and we are goal directed to getting our Pups swimming 5meters unaided.

**"Seal" series:** Here our Pups will learn HOW TO SWIM! They will be exposed to the 4 different kicking styles of "propulsion". Amongst other things basic Free and Back arms will be introduced as well as bilateral breathing in Freestyle.

**Mini Squads:** 30 min lessons, a maximum of 3 swimmers per group.

**"Otter" series:** This series of lessons are designed to prepare swimmers for what they are required to know in order to graduate to the 25m. All 4 strokes are constructed and refined (somewhat). For each stroke the most important drills are taught. Otter Pups are taught the basics of starts and turns.

**Fees:** Shared lessons and Mini squads R1070 /swimmer/term

Private lessons R1450/swimmer/term

All fees are expected to be paid in the first week of the term.

If you pay one week before the start date of the term i.e. before the 2<sup>nd</sup> Oct you will receive a R50 discount. The Reduced Early Bird fee is R1020 (shared)/R1400 (Private) for payments BEFORE the 2<sup>nd</sup> Oct. Early Bird fees are much appreciated as it reduces administration.

All our lessons are offered once a week. If you would like an additional lesson a week, please do not hesitate to request it.

Many thanks

GreyPups Coaching Team

## **Bank details:**

Greypups, 62740981297, FNB, Business Cheque acc, branch 250655, ref "T4&swimmers name".

Proof of payment can be emailed to [lucy@greypups.co.za](mailto:lucy@greypups.co.za)

*Internet banking is our first payment choice. Cheque payments (made out to Greydogs (Pty) Ltd) or cash payments need to be put into a marked envelope with the swimmers name. Thanks.*



the  
greydogs  
swimming  
team

