

# SPRING

# NEWSLETTER 2016

## SPRING FEATURES

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WINTER DISCOUNT

CANCELLATIONS

DECEMBER & CLOSING DATES

THE STARFISH WAY

WELCOME MONIQUE

IT'S A GIRL!

GENERAL INFO

NEMOS PEQUENOS

Firstly we'd like to thank everyone who swam through winter with us. The weather hasn't been too bad although we know some of you may have experienced a couple chilly days in the water as a result of both our heat pumps breaking down. Luckily the wood-fired pool heating system, which we recently built, helped to rise the water temperature allowing us to swim uninterrupted throughout the winter months.



Welcome back to those of you who took a break over the winter and welcome to all the new Starfish Swimmers. Spring is just around the corner and things are already getting pretty busy around here!

### SWIMMING FEES

Please remember that swimming fees are due monthly in advance and are to reflect in our account by the 7<sup>th</sup> at the latest. Your cooperation with this is highly appreciated. From September the new fee structure will come into effect.

Swimming fees effective from 1 September are as follows:

Enrolment:	R270 (includes a cap and drawstring bag, swimming diaper or satchel bag)	
Family-enrolment	R220	
Re-enrolment:	R220 (includes a cap or bag)	
Family re-enrolment:	R200	
1x group lesson per week:	R450/month	Family discount 1x per week: R415/month
Winter swimmers:	R390/month	Family Winter swimmers: R355/month
2 x group lessons per week:	R700/month	Family discount 2x per week: R655/month
Winter swimmers:	R615/month	Family Winter swimmers: R565/month

### WINTER DISCOUNT

To qualify to pay the discounted rate for the coming year you must have paid for swimming for *JUNE, JULY AND AUGUST* and **all fees must be up to date** before September to qualify for this discount.

In addition to the lower rate you also will **not** pay the annual registration fee. Over the next year this works out to 2 months of **free swimming**.

Should you stop or take a break from swimming and rejoin again at a later date, this discount is no longer applicable.

### CANCELLING THE CONTRACT

Should you wish to stop swimming or take a break (even for a month) for whatever reason, one calendar months notice emailed to us is required as per your enrolment agreement. This notice period is non-negotiable, as I book teachers time in advance, spend hours streamlining the timetable and budget for the business. Notice needs to be handed in on the 1<sup>st</sup> of the month and we will give leeway until the 7<sup>th</sup>.

**NO EXCEPTIONS WILL BE MADE TO THIS.**

## DECEMBER SWIMMING & CLOSING DATES

Swimming will continue until the 20<sup>th</sup> December and full fees are still due for the month, even if you are away for the holidays.

We make an effort to catch up a max of 2 of the lessons that you may miss during this time, which must be arranged by no later than 31 January 2017.

Please be aware of the fact that we do not accept notice for the end of November as we cannot fill your spaces in December.

Website: [www.starfishswimschool.co.za](http://www.starfishswimschool.co.za)

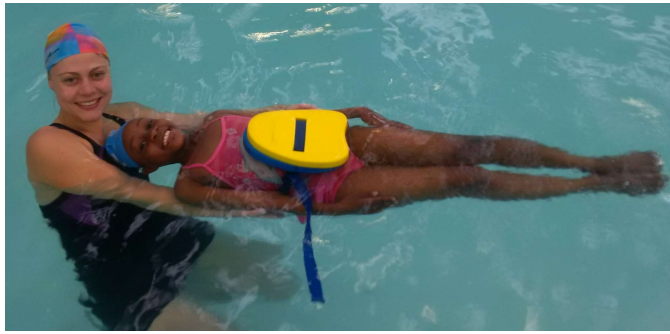
Lessons: [bookings@starfishswimschool.co.za](mailto:bookings@starfishswimschool.co.za)

Danielle/ Bookings: 082 903 7921

Accounts: [admin@starfishswimschool.co.za](mailto:admin@starfishswimschool.co.za)

Office/ Admin: 072 623 2941





### GENERAL

- We kindly request parents to watch their children's lessons from the viewing room or the outside sitting area but may not be in the pool room without permission.
- Should you be in the pool room for any reason please refrain from holding conversations with other parents or on cell phones.
- The rules regarding play-time are non-negotiable: **if your eyes are not on your child, they may not be in the pool having playtime.**
- The use of goggles is *discouraged* unless a child has a medical condition for which he/she needs to use goggles.
- The filming of swimmers in the pool is prohibited unless permission is given by the teacher. In this case please ensure that you only film your child and not other children in the pool.
- Please park diagonally to each other so that we fit more cars in.
- Please respect the surrounding neighbours; by not parking on their pavements and by keeping noise levels to a minimum.
- Whilst we understand that once in a while being late is unavoidable, please make an effort to arrive on time for lessons. The warm up activities at the beginning of the lesson are important.
- Please check out and like our Facebook page.
- Please make sure that you read subsequent newsletters and familiarize yourself with our regulations to help avoid misunderstandings in future.

### WELCOME MONIQUE

We wish a warm welcome to the newest member of The Starfish Team!  
 Monique was previously teaching at Dolphin swimming school in Pretoria for two years.  
 She participated in competitive swimming at school and has completed many open water events.  
 Monique will be trained in the Starfish way of teaching over August; as every swimming school has their own style of teaching.  
 From September onwards she will be teaching her own groups and will be taking over Cathy's Saturday classes, when Cathy is in Mozambique.

### IT'S A GIRL!

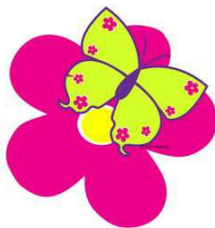
Congratulations to Emma on the birth of her baby girl, Isabella, on 22 July.  
 Emma is currently on maternity leave until the end of September, however she is still managing the accounts and staying on top of the everyday operations management at Starfish.

**At starfish we focus on teaching a long and streamlined stroke from day one. This starts at the Learn-to-swim level where children are taught to be relaxed and float in the water before anything else. From there on it is all about learning to breathe efficiently, to get a good 'feel' for the water so that movement is achieved by good technique so as to not waste energy. Strokes are taught from doggie paddle all the way up to butterfly focusing on streamlining so that swimmers achieve maximum distance per stroke.**

### CAPS AND BAGS AND COZIES

We do have stock available if you need a cap or bag. Please just email us if you would like to buy something.

**Wishes and Fishes  
The Starfish Team**



**Nemos Pequenos** is a marine conservation and swimming program run by the Marine Megafauna Foundation in Mozambique.  
 This program provides local people with the training, supplies and facilities required to become instructors, who then educate Mozambicans about sustainability and marine conservation as well as water safety skills and swimming techniques.  
 The aim is for students to graduate with the skills to feel confident and happy to enjoy the ocean.

Last week Nemos Pequenos received some wonderful exposure with a documentary film being broadcast on CNN Inside Africa.  
 Starfish Swim School is proud to be a major contributor to this program which Cathy has been volunteering on for over 3 years.

Please like the Facebook page to keep up to date with Cathy's happenings in Mozambique.  
 You can check out the CNN documentary at the following link which shows 3 segments on various aspects of the organization.

<http://edition.cnn.com/specials/africa/inside-africa>

