



**Exclusive and Modern Facilities
Personal Attention from Highly
Trained Staff I Panoramic Views**

Personal Training I Registered Biokineticist
Fitness & Health Assessments
I Spinning I Pilates I Squash I
Tennis Coaching I Flood Lit Courts I Techno
Gym Equipment I Learn-to-Swim Instruction
25m Heated Indoor Pool
Saunas I Steam Rooms

Pregnancy Training with Qualified Instructor
Registered with the Health Professions Council of S.A.

Health & Fitness at your Leisure

As you might have heard there are some exciting new changes in store for the Val de Vie Swimming School. I am proud to announce that it will now operate as a Ryk Neethling Swimming School and Academy, our second branch in South Africa. My partners and I have studied the most successful swimming schools around the world and developed what we feel is a world class program.

As a four time Olympian I understand that swimming techniques and philosophies are always changing. We are going to spend a lot of time and energy on education so that parents can feel assured that every swimming instructor will stay at the forefront with regards to technique, teaching philosophies and international best practice Learn to Swim principles. I will personally be involved with training the coaches and swimmers on a regular basis. It is my goal to make the Ryk Neethling Swimming School at Val de Vie not only the best Learn to Swim facility in the Western Cape, but under guidance of my Swimming Academy Programme develop latent talent to enable each Val de Vie swimmer to reach his or her swimming potential.

Swimming can have many positive outcomes, least of all being an essential life skill. Learning to swim well from an early age provides lifelong benefits. At the Swimming Stars™ Learn to Swim Schools we believe that with appropriate training methods, consideration and care, every child will shine!

I feel passionate about teaching children how to swim and look forward to sharing my experience, ideas, knowledge and above all my love for the sport of swimming with the youth of South Africa

Dream BIG!
Ryk Neethling

www.rykneethling.com
www.playersacademies.com



www.valdevie.co.za • healthclub@valdevie.co.za
Tel: 021 863 6136

VAL DE VIE
SPORT & LEISURE CENTRE



Ryk Neethling
swimming schools

Learn to Swim Instruction
International Best Practise

VAL DE VIE

Val de Vie Wine and Polo Estate
Southern Paarl • Western Cape

www.learntoswim.co.za

VAL DE VIE
SPORT & LEISURE CENTRE
www.valdevie.co.za

Ryk Neethling

Swimming Stars™

Learn To Swim Schools & Swimming Academies

VAL DE VIE

Paarl-Franschoek Valley
Wemmershoek Drive, Southern Paarl.
On the R301 between Boschenmeer and Pearl Valley

International best practice Learn to Swim Instruction

- Internationally qualified teachers
- Small group classes
- Our no frills fast tracking methods make children water-safe faster and with proper technique
- Ages 2 years to adult
- Stroke correction
- Ryk Neethling Academy Advanced Squad Training

At Swimming Stars™ Learn-to-Swim Schools **SUMMER** never stops!

- Indoor heated pool
- Well equipped Change Rooms.

OPERATING HOURS

Mon - Fri 8:00 - 18:00 Sat 08:00 - 12:00
All classes are 30 min long. Class placement depends on your child's age and prior swim experience.

MONTHLY FEE STRUCTURE 2010 DISCOUNTS FROM 3RD FAMILY MEMBER

Lessons

- 1 x per week • R280 p.m.
- 2 x per week • R485 p.m.
- 3 x per week • R650 p.m.

Squad Training 2 x per week • R400 p.m.

Additional Lessons • R55 p / lesson

Once off affiliation fee • R250
(includes **Swimming Stars** Starter Pack - see below)

SCHEDULING

Swimmers are scheduled on receiving the application form. Lesson days, times and starting date will be confirmed telephonically.

EVALUATION

Swimmers are evaluated during their first lesson to ensure that they are correctly placed.

Swimming Stars™ PROGRESSION LEVELS

Progression stages are measured according to skills mastered. Ages can vary. Swimmers are grouped according to ability.



Little Star:
• 24 – 36 mnths



Starfish
• 2½ - 5 years



Flying Star
• 5 - ± 7 years



Swimming Star:
I • ± 7 - 8 years
II • ± 8 - 9 years
III • ± 9 - 10 years



At Swimming Stars™ Learn-to-Swim Schools **SUMMER** never stops!



Swimming Stars Starter Pack

Branded T-shirt, Lycra Swimming Cap & Wet bag



Ryk Neethling
Academy Advanced Squad Training
Ages 10 - Adult



www.learntoswim.co.za

082 74 STARS