



Perfect Stroke Swimming

2006/184008/23

www.perfectstrokeswimming.co.za

Terms and Conditions Karen Street

To make sure that your lessons go swimmingly, please read all the terms and conditions. Before your little swimmer makes a splash with the Perfect Stroke Swimming Team please submit your completed Perfect Stroke Swimming application form and send the Swimming South Africa permit to swimcoachchantelle@gmail.com.

Perfect Stroke Swimming have COVID-19 health and safety protocols in place; here are the highlights...

- Please quickly complete a screening questionnaire before 12h00 on the morning before every swim; swimmers displaying any symptoms of COVID-19 (headache; loss of smell and taste; sore throat; difficulty breathing; nausea; vomiting; diarrhea) shouldn't come swim! Swimmer's temperatures will be recorded too!
- Please wear a mask; sanitise your hands and maintain a safe physical distance while at the Karen Street Facility.
- Swimmers cannot wear a mask while they swim and will be required to take it off and place it safely in their swimming bag. While in the pool, coaches will be in a shield so that the swimmers can see our smiles!

Our last swim for the season is on 31 May 2022. Staying busy by joining the Polar Bear Programme, instead of hibernating during June 2022 and July 2022, will give Polar Bear Cubs and Polar Bear Squad a head start when we take the plunge again on 01 August 2022!

Swimming caps and thinking caps are compulsory! Perfect Stroke Swimming's program has quite a talent pool! Finding a non-competitive parent may be a first, but please remember that your child is an individual and will learn at his or her own pace and needs plenty of high fives and hugs.

Please note that these lessons are 20 minutes long, with only four children making waves with their coach in the lesson. Parents don't be absent minded; please try to attend as many lessons as possible. Monthly fees (from 1 August 2021) for Beginner to Winner lessons at Perfect Stroke Swimming's Karen Street Facility are R385.00 for lessons once a week and R625.00 for twice a week lessons. Monthly fees do not deep-end on whether you swim or not; fees are payable every month from (including December 2021; January 2022 and May 2022).



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Perfect Stroke Swimming plays by the rules and this includes the POPI (Protection of Personal Information) Act, 4 of 2013. **No Paparazzi please!** Photos or video recordings may not be taken during our lessons! Perfect Stroke Swimming will stay in touch through WhatsApp groups; please inform your coach before your swimmer dips their toes in if you do not consent to being part of a WhatsApp Group (because your name and phone number will be noticeable to other member of the WhatsApp group). Perfect Stroke Swimming implores members of our WhatsApp groups to not make use of anyone else's personal information without obtaining permission first. **Our Mission Control number is 066 230 5467.** You may also stay in touch via Facebook, Twitter, Instagram and our website www.perfectstrokeswimming.co.za! Please make sure we have your updated phone number and email address.

And while we're talking no-no's... no smoking, anywhere! It's not all fun and games in our lessons, children who misbehave in their lesson will be asked to leave the pool.

There is also now the possibility of booking a lightning lesson or catch up class... these classes will be on one Saturday afternoon each month; this will be communicated to parents through Perfect Stroke Swimming's What'sApp Groups by Mission Control (please don't text our swimmers' coaches about catch up classes). All bookings will be confirmed by What'sApp from Mission Control too, so that the classes don't overflow!

Our swimming teachers are fully immersed in their work; they're SSA qualified and spend most of their day in the pool and definitely don't take calls while they're on deck. Please send a quick WhatsApp and your coach will reply as soon as she doesn't have granny fingers and can unlock her phone!

It should not come as a shock that Perfect Stroke Swimming will not endanger its swimmers or coaches by swimming during thunderstorms! Please download the Lightning Alarm App or Weatherbug... swimming will be cancelled if there is a lightning strike within the 10 km radius of 7 Karen Street in Ridgeway and will resume 30 minutes after the last lightning strike within the 10 km radius of the home of Perfect Stroke Swimming.

We won't think you're just making waves, if you're unhappy about anything please email Abi Williams at perfectstroke@icon.co.za. We are always striving for perfection and so we really do appreciate your feedback. But if you do need to cancel your contract with Perfect Stroke Swimming, one calendar month's written notice or a month's fees in lieu thereof are required.

Our accountant is paid to be right on the money! Fees are payable in advance on or before the seventh of the month. Statements with debit balances are emailed on the first of the month or on the first Monday of the month if the first falls on a Saturday or Sunday. Statements with nil or credit balances are available on request. Please note that any changes to lessons or squad training that take place during the course of a month will only come into effect financially on the first of the following month.



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While we keep a register, we do not accept cash or cheques. All payments must be made directly into our bank account; please use your child's name and surname for the first payment and their Perfect Stroke Swimming account number as the reference for all subsequent payments. All bank charges related directly to cash deposited for swimming fees will be added to the swimmers' swim fee statements.

Perfect Stroke Swimming cc

Bank: Nedbank Branch: The Glen Branch Code: 198765

Account Number: 1385054743

Seriously though, if your fees are outstanding your swimmers will not be permitted to participate in their lessons until their account is up to date. Any lessons missed because fees are outstanding will not be rescheduled, nor refunded.

Although swimming is an essential life skill, swimming lessons are not classed as essential services and we are therefore closed on all public holidays, over the Easter Weekend (15 April 2022 until 18 April 2022) over the Festive Season too (20 December 2021 until 4 January 2022). We are however open and swim through all the school's holidays, whether your school has three or four terms.

Perfect Stroke Swimming believes in Swimming South Africa's motto of "Every South African a Swimmer" and the whole family can join our team! Please email Coach Jade at swimcoachjade@gmail.com for more information about the adult lessons at the Marist Brothers Linmeyer Aquatic Centre. Perfect Stroke Swimming's Todswim classes are now at Karen Street... Please email Coach Chantelle at swimcoachchantelle@gmail.com. Monthly fees for both adults and Todswim once a week classes are R625.00. Please also note that we teach children who've been immunized.

TAKE YOUR MARKS! for the Perfect Stroke Swimming Mini Gala where Crabs, Starfishes, Angelfish, Turtles, Octopi, Dolphins, Whales, Sharks, Pre-Squads and the Stroke Development Squad all make a splash! Please note that because all of our swimmers and their coaches will be at the Mini Gala, there won't be Beginner to Winner lessons or Saturday Squad training on this Saturday morning. Everything you'll need to GO! will be WhatsApped from Mission Control!

To avoid being splashed and making a splash, we ask that you do not wait on the pool deck. But don't go far as parents may not drop their children off and collect them later on. Before and after swimming lessons, children are the responsibility of their parents and should be under the supervision of their parents.

At the Karen Street facility, no parking of vehicles and/or loading or offloading of swimmers will be permitted on the pavement or in the street. Adhering to this condition from the City of Johannesburg Planning Committee is no laughing matter. You may not be aware that our neighbours at Karen Street do not support us in sharing

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Abigail Williams 072 4096835
7 Karen Street, Ridgeway Ext 4, 2091



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our love of swimming with the children in our community at our home pool and would be thrilled to see our swimming school closed down. We must therefore insist that parents park in one of the 6 parking bays provided and not in the street or on a pavement, even if you'll "only be a minute". If all 6 bays are full, there is space for 4 more cars to park someone in and still be on our premises. With only 4 children in a class, this shouldn't happen too often but if it does, please take note of which car you've parked in and just tell the other mummies (or daddies) when you walk up to the pool so that you can quickly move when they need to leave. You may even recognise a swimmer that's in your class and park each other in, as you'll be leaving at the same time. We cannot risk losing our family's livelihood because of cars being parked in the road; on a pavement or in the cul de sac, so if you feel that the parking is unreasonable, we will have no choice but to accept your month's written notice and terminate your contract with Perfect Stroke Swimming.

The fine print also includes an indemnity...

Persons entering Perfect Stroke Swimming cc premises or using the amenities provided, do so entirely at their own risk. Perfect Stroke Swimming, including, but not limited to, its members, employees, contractors or any other representatives shall not be liable for any injury, loss, damage (special or general) or loss of life arising from theft, fire, negligence or any other cause. Persons entering Perfect Stroke Swimming premises or making use of the amenities provided indemnify Perfect Stroke Swimming, its personnel, members, employees and any other representatives against any and all risk, damages, loss or injury, including, but not limited, to those related to chemicals on site and/ or loss of life. Perfect Stroke Swimming will further not be liable for any theft or damage to vehicles driven to, parked on or at Perfect Stroke Swimming premises and the owners of such vehicles do so entirely at their own risk.

And a COVID-19 indemnity too...

Due to the outbreak of SARS-COV-2 (COVID-19) (hereinafter referred to as the "Coronavirus"), any and all persons entering the Perfect Stroke Swimming cc premises or using the Perfect Stroke Swimming cc amenities provided, do so entirely at their own risk.

Perfect Stroke Swimming cc, including but not limited to, its members, personnel, employees, contractors and any other representatives of Perfect Stroke Swimming cc shall not be held liable for any persons becoming exposed to and/or infected by the Coronavirus. Persons entering the Perfect Stroke Swimming cc premises or making use of the Perfect Stroke Swimming cc amenities indemnify Perfect Stroke Swimming cc of any and all risk, damages, loss, injury and/or loss of life associated with the Coronavirus.

I acknowledge that I have read and understood that Perfect Stroke Swimming cc has put in place the recommended preventative measures as provided in the Perfect Stroke Swimming cc COVID-19 Standard



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Operating Procedures document sent to all members, personnel, employees, contractors, parents, guardians and any other representatives of Perfect Stroke Swimming cc to prevent and reduce the spread of the Coronavirus.

Furthermore, I acknowledge that I voluntarily seek the services of Perfect Stroke Swimming cc and that I and/or my child/children acknowledge that I and/or my child/children may increase my and/or our exposure to the Coronavirus and that Perfect Stroke Swimming cc cannot guarantee that I and/or my child/children will not become infected with the Coronavirus, irrespective of the recommended preventative measures implemented by Perfect Stroke Swimming cc to prevent and reduce the spread of the Coronavirus.

I fully understand that the risk of becoming exposed to and/or infected by the Coronavirus could result in the

actions, omissions, and/or negligence caused by myself and/or my child/children and any other persons including their families by not strictly complying with the Perfect Stroke Swimming cc Standard Operating Procedures to prevent and reduce the spread of the Coronavirus. This includes, but is not limited to the Perfect Stroke Swimming cc members, personnel, employees, contractors and any other representatives of Perfect Stroke Swimming cc, irrespective of the recommended preventative measures implemented by Perfect Stroke Swimming cc.

Therefore, I and/or my child/children acknowledge that the Perfect Stroke Swimming cc COVID-19 Standard Operating Procedures Document must be strictly complied with at all times to prevent and reduce the spread of the Coronavirus.

**Splashing Regards,
The Perfect Stroke Swimming Team**