



30th November 2017

SPORT PRACTICES DURING THE HOLIDAYS

Dear Parents

We have arranged for a number of athletics and swimming practices to take place during the holidays. As these sessions will be run by outside coaches, there is a cost involved, please see the table below for details.

Please take note that the swimming sessions are not 'Learn to Swim' sessions, they are fitness training sessions, where attention will also be given to stroke correction, speed & endurance training. Your child will be required to swim a fair distance each day. **The use of swimming caps is compulsory for both boys and girls from the start of next year.**

All 2018 Gr 2 – 7 pupils are invited to participate in the athletics and swimming practices. These sessions will all take place at Somerset House. Parents are also invited to attend the Masters' Swimming Training sessions, please see details below.

DATES & TIMES	SWIMMING	ATHLETICS
Mon 4 th – Thurs 21 st Dec 17:00 – 17:30 Grades 2&3 17:00 – 17:50 Grades 4-7 (Sessions on Mon, Tues, Wed & Thurs) Wed 3 rd Jan – End of January 16:30 – 17:00 Grades 2&3 17:00 – 17:45 Grades 4-7 (Sessions on Mon, Tues, Wed & Thurs)	Payment Options 3 Weeks – R300 (payable at the start) Weekly – R120 (payable on the Monday) Daily Rate – R40 (payable on the day)	
Mon 4 th – Thurs 21 st Dec Wed 3 rd Jan – End of January Monday – Thursdays 18:00 – 19:00	Masters Swimming Group (Adults Only) SH Parents & Staff also invited (R50 / Session or R300 / Month)	
Mon 8 th Jan – Tues 16 th Jan (Excluding Sat & Sun)		08:00 – 08:30 Long Distance Training 08:30 – 09:30 Sprints & Field Events (2018 Gr 2 – 7 pupils welcome) (R30 / Session or R150 for 7 Sessions)

If you have any questions or queries, please feel free to contact me sport@somersethouse.co.za

Miss Mac ☺