



**Newsletter**  
December **2022**

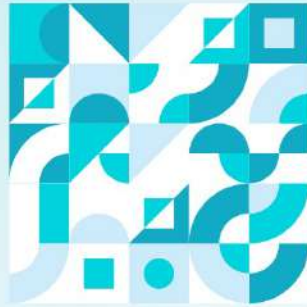


*Best Wishes  
this Christmas*

Learn to swim, Love to swim™



# REFLECTIONS 2022



Meet 5 x African Champion Professional swimmer Clayton Jimmie at Aquanation Swimming Academy on 12 November 2022 @ 11h00.

Clayton wishes to participate in the FINA World Swimming Championships which will be held in Melbourne, Australia in December.

As Aquanation Swimming Academy, we would like to support Clayton by contributing towards the funds required for him to participate.

**#GETCLAYTON2AUSTRALIA**

Learn to Swim : Love to Swim



## AquaNation Open Day

**10<sup>th</sup> & 11<sup>th</sup> September**  
10:00 - 14:00  
**Promo**  
No registration fee if you join on the open day.  
**071 980 8259**  
44 Rahie Avenue, Sandton  
www.aquanation.co.za

**OPEN DAY**  
Date: 15 & 22 October Time: 10:00 - 15:00  
44 Rahie Avenue, Bramley Park, Sandton  
Contact: 071 980 8259  
www.aquanation.co.za

**Birthday Promo**  
AQUANATION  
Celebrate With Us For A Limited Time Only.  
**2x WEEKLY CLASSES FOR R900**  
Limited to existing swimmers only.



## Safety at Aquatic Environments



### At the Pool

Common safety rules include no running, no horseplay, and no dunking. Make sure everyone knows to check their surroundings before jumping into the water; don't allow children to dive in unless they have permission from an adult.

### At the Beach

- Swim only where there are lifeguards on duty and where signs indicate that it's safe to swim.
- Make sure that lifeguards can see you when you're in the water.
- Always swim between the red and yellow flags.
- If you see someone in trouble in the sea, alert the lifeguards or find help.

### At the Waterpark

- Know which rides are safe for your child's age and development. For instance, keep little kids away from older kids' splashing and playing.
- Use the buddy system. When possible, each child should have a buddy to stay with for the day. And set up a meeting place when you first get there. That way, if someone gets separated from the group, they know where to find you.
- Teach kids to follow the rules and directions. These include walking instead of running and going down the water slide in the right position — feet-first and face-up.

## Opening & Closing Dates

The Aquanation Team has had an eventful year, we look forward to our downtime. We close on the **21st of December** and re-open on the **3rd of January 2023**.

Invoices for January will be sent out as per automated schedule. We appeal to all to kindly settle your accounts timeously to ensure we are able to meet our obligations.

NB if your account was placed on hold in for December it will resume standard membership in January 2023.



## Message from the Head Coach

Dear Aquanation Family,

After an eventful year and having recently just turned one year old, I would like to express my gratitude for trusting us in your journey learning to swim. At Aquanation Swimming Academy we strive to provide the best possible methodology to ensure that our swimmers acquire this vital life skill.

Following a lengthy process of evaluations and demonstrations, I would like to congratulate all our swimmers for performing exceptionally well with a majority of students exceeding the usual duration to complete a level. The commitment and dedication from families in supporting our swimmers are essential as we embark on this joint adventure.

Over the holiday period, we would like to encourage our swimmers to practice their skills in a safe environment (under supervision) and enjoy whichever aquatic environment you may be visiting. Please remember safety first!

I would like to wish you well of the festive period, and may 2023 bring with it peace, prosperity and joy.

Swimmingly Yours,

Altaaf Adam  
Owner & Head Coach  
AquaNation Swimming Academy