



Information Guide

OWNERS CARIEN & COLLEEN

About Us

We are both passionate about people and about teaching, therefore have chosen to direct this passion into "water training". Combined we have 25 years of experience in a variety of different water disciplines. We have taught, and completed training in South Africa, Mozambique, Indonesia and most recently extensive swim training in the United States. This with the intention of staying up to date with the best possible techniques and teaching methodologies.

Colleen's Qualifications Include:

PADI Course Director, Emergency First Response Instructor Trainer, SAI (Starfish Aquatics Institute) Swim Instructor Trainer, SAI StarGuard Instructor and a Health & Fitness Professional Academy Aqua Aerobics Instructor.

Carien's qualifications include:

Teaching Diploma NWU (specializing in Remedial Ed) PADI Staff Instructor, EFR Instructor, SAI (Starfish Aquatics Institute) Swim Instructor Trainer, SAI StarGuard Instructor, Handicapped Scuba Association Instructor and a Health & Fitness Professional Academy Aqua Aerobics Instructor.

Follow Us



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What we Offer



Our Baby & Toddler classes are divided into 2 groups; namely beginner and advanced group. The focus is not so much age specific, but more on the level of the infant or toddlers swim skill. We take babies from 6 months that swim with a parent or guardian - they stay in the baby / toddler group until they are 3 years old and completely potty trained.

At age 3 kids are in a swim group of maximum 4 students, with their own instructor leading the class. This is the same for all ages up to 15 years – these lessons are 30 minutes whereas the Adult Learn to Swim Classes is 1 hour and a maximum of 2 students or private lessons on request.

Our curriculum is first and foremost safety based, once the student feels safe and comfortable in the water, can float and get out of the pool by themselves we start focusing on different swim strokes. We also offer stroke correction classes for students who can swim, but wants to improve their swim technique.




Our Aqua Aerobics classes are very popular, we take only 6 students at a time to ensure that the group gets individual attention and enough moving space. The aqua is for ages 13 years up, males and females are welcome. The pool is a constant 32° degrees and our salt water system very gentle on skin, hair and eyes.

Aqua exercise is ideal for all ages and especially recommended by doctors for people recovering from an injury. It greatly improves circulation, promotes weight loss, a lot of fun and all over good for your general health.

We offer classes from Monday to Saturday every week from as early as 5am to 7:30pm. Amanzi is closed on Public Holidays, during the July school Holidays and over Christmas and New Year – the rest of the time we are available to your every water need! Our business is owner driven as we are very passionate about every aspect, we have an open door policy and our clients are always welcome to raise any concerns or suggestions they might have so that we can grow and improve even more as a swim school.

We have changing rooms, baby changing stations, a warm rinse-off shower, a hair dryer, a swimsuit dryer, toilets and basins available at Amanzi.

How do I know which stage I or my child (3 years up) should join? The below chart is a good indicator....

	Core Skill Achievement Stages					Specialty Courses		
	White	Red	Yellow	Blue	Green	Stroke School	Swim Team	
Ages 3 – 5	If the student... Is afraid of water...	If the student... Can't swim without support but loves the water...	If the student... Is not afraid...	If the student... Can swim underwater or on the surface, and can get an occasional breath...	If the student... Can tread water for at least 15 seconds...		If the student... Has achieved a GREEN Swim School Award Patch...	If the student... Can swim 25 yards freestyle with side breathing and 25 yard backstroke...
Ages 6 – 8	Can't swim at all....	Will get face wet...	Can float on front and back...		Can swim freestyle with rotary (side) breathing...		and Needs to learn or refine backstroke, butterfly, and breaststroke...	Needs to build endurance...
Ages 9 – older	Will not get face wet....	Will jump in...	Can jump in and return to surface...					Wants to learn turns, starts, and swim team training techniques...
	SIGN UP FOR WHITE GROUP	SIGN UP FOR RED GROUP	SIGN UP FOR YELLOW GROUP	SIGN UP FOR BLUE GROUP	SIGN UP FOR GREEN GROUP		SIGN UP FOR STROKE SCHOOL	SIGN UP FOR SWIM TEAM

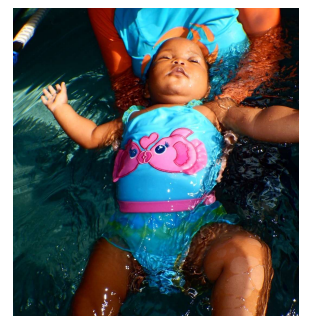
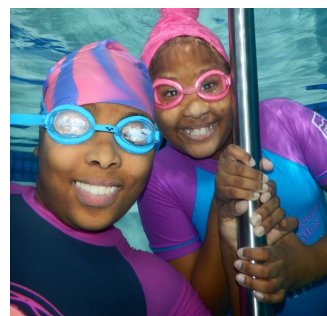
SWIM TRAINING – OUR CURRICULUM

Swim Classes Available:

- * StarBabies
- * StarTots
- * Swim School - 3-5 years
- * Swim School - 6-8 years
- * Swim School - 9-12 years
- * Swim School -13-15 years
- * Adult Swim Lessons
- * Stroke Correction
- * Group & Private Lessons
- * Aqua Aerobics and
- * Fitness Swim for individuals that can swim competently on their own.

Curriculum and Core Skills Achievement Stages					
	WHITE	RED	YELLOW	BLUE	GREEN
	<i>Focus: trust and comfort</i>	<i>Focus: body positions</i>	<i>Focus: submersion</i>	<i>Focus: air recovery and rollover</i>	<i>Focus: forward movement</i>
Lead-up Skills	Drowning prevention	Lifejackets	Reach and throw	Recreational water illness	Introduction to CPR
	Entries	Front floats	Vertical submerge	Roll front to back	Kicking
	Water play	Back floats	Horizontal submerge	Roll back to front	Pulling
	Balance holds	Counting cues		Bobbing	Independent movement
	Songs	Sliding			
		Jumping			
		Turn to wall/hold on			
	Climb out				
Safety Skill Benchmark (for the parent or guardian)	Understand constant and dedicated surveillance	Fit and properly put a lifejacket on the child	Use flotation to help someone in the water (Reach or throw...don't go) and know how to call emergency services (911).	Identify six methods of preventing recreational water illness.	Know about infant and child CPR.
Swim Skill Benchmark	Parent and child are relaxed and confident, and enjoy being in the water together	Perform a relaxed front, back, vertical, and side position for at least 5 seconds each	Enter from the wall, submerge, turn around, grab on the wall, and pull up (assisted).	Enter from the wall, submerge, come to surface unassisted and get a breath in vertical or horizontal (on back) position.	Move 3 m/10 ft through the water independently, with or without flotation.

Baby & Toddler Curriculum





Swim School

Curriculum and Core Skills Achievement Stages					
	WHITE	RED	YELLOW	BLUE	GREEN
Lead-up Skills	<i>Focus: trust and submersion</i>	<i>Focus: body position and air recovery</i>	<i>Focus: forward movement and direction change</i>	<i>Focus: rotary movement</i>	<i>Focus: integrated movement</i>
	Ask Permission to get in water	Put on a lifejacket and kick	Reach and throw assists	Tread water	Survival float
	Jump in to teacher	Submerge under water and float back to the top	Assisted and unassisted front streamline with kick	Assisted and unassisted side glide with kick – both sides	Start in side glide, 3 overarm pulls, roll to back to rest and breathe
	Sit independently	Assisted front streamline	Assisted and unassisted back streamline with kick	Roll from side glide to streamline to side glide	Start in side glide, 3 overarm pulls, roll to opposite side glide
	Wall walk	Assisted back streamline	Assisted front streamline and rotation to side glide with kick	Unassisted front streamline with kick and rotation to back streamline	Start in side glide, link 3 sets of 3 overarm pulls, roll to opposite side glide to rest and breathe
	Listen and follow directions	Assisted and unassisted roll back to front	Assisted and unassisted forward movement – kick and pull on front	Unassisted back streamline with kick and rotation to front streamline	Start in side glide, link 3 sets of 3 backstroke pulls, roll to opposite side glide to rest and breathe
	Climb out independently	Assisted and unassisted roll front to back	Assisted and unassisted forward movement – kick and pull on back	Side glide, one overarm pull, roll to back to rest and breathe	Head first entry (dive) from side (if deep water is available)
	Pour water over head	Submerge and recover for air (Go underwater, kick to the top, put head back to get mouth out of the water and say "Starfish, Starfish, Starfish".	Retrieve submerged object	Side glide, one overarm pull, roll to opposite side glide to rest and breathe	
	Jump into the water and get head wet	Assisted and unassisted back float	How to call emergency services (911)	Side glide, one backstroke pull, roll to opposite side glide to rest and breathe	
	Hold breath (on land)				
	Look underwater and hold breath (with and without goggles)				
Safety Skill Benchmark	Always ask permission before getting in the water	Put on a lifejacket, float on back, kick 6 m/20 ft	Reach or Throw (Don't Go) and know how to call emergency services (911)	Tread water 15 seconds	Survival float and tread water for 30 seconds
Swim Skill Benchmark	Assisted submersion, relaxed, 5 seconds and then come up to breathe	Jump in, submerge, recover for air, and roll on back (kicking and finning) for 5 seconds *This benchmark must be performed in swimwear and in regular clothes.	Jump in, submerge, recover for air, forward movement (on the front or back) 3 m/10 feet, change direction, and return to wall *This benchmark must be performed in swimwear and in regular clothes.	Jump in, submerge, recover to side glide position and kick 3 m/10 feet	Start in side glide, swim freestyle 9 m/30 ft with 1-2-3 breathe pattern



Swim School Curriculum



Stroke School

Curriculum and Core Skills Achievement Stages					
	WHITE	RED	YELLOW	BLUE	GREEN
Lead-up Skills	<i>Focus: freestyle, introduction to backstroke</i>	<i>Focus: backstroke, introduction to butterfly</i>	<i>Focus: butterfly</i>	<i>Focus: breaststroke</i>	<i>Focus: endurance</i>
	Ask permission to get in	Put on lifejacket in the water	Use flotation for assists	Discuss safety concepts	Perform a racing dive
	Swim freestyle with high elbow recovery	Swim backstroke with straight arm recovery	Perform pulsing with arms above the head	Perform breaststroke kicking motion (assisted)	Perform an open freestyle turn
	Swim freestyle and with thumb touch	Swim backstroke with little finger first entry	Perform pulsing with arms above the head and scull with hands	Perform breaststroke kick with support (kickboard, float bar, rescue tube, etc...)	Perform an open backstroke turn
	Swim freestyle with center line pull	Swim backstroke with bent arm pull	Lift head to breathe during pulsing	Perform breaststroke arm action (assisted)	Perform a freestyle flip turn
	Swim freestyle with body roll	Swim backstroke with good body and arm extension	Add 1 butterfly arm stroke to pulsing	Perform breaststroke arm action with support (pull buoy, noodle, rescue tube, etc...)	Perform a backstroke flip turn
	Exhale in the water before rolling to breathe	Perform backstroke flutter kick	Pulse with hand slide 3 times then take 2 swing and stretch arm strokes	Combine arm action and leg kicking	Perform a breaststroke and butterfly open turn
	Triple-switch backstroke drill	Swim backstroke with body roll Perform arm down pulsing	Pull to a thumb touch when performing butterfly arm strokes	Incorporate dolphin body motion into breaststroke after the kick	Swim in trains Swim on basic pace clock intervals
Safety Skill Benchmark	Always ask permission before getting in the water	Put on a lifejacket from in the water, kick 9 m/30 ft	Use flotation to reach or throw to assist a swimmer and know when and how to call emergency services(911)	Discuss safety concepts	Tread water or survival float for 2 minutes
Swim Skill Benchmark	Swim freestyle 9m/30 ft with body stretched out and consistent form; swim 9 m/30 ft of triple-switch backstroke	Swim 9 m/30 ft backstroke with straight arm recovery, body roll, good arm and body extension; perform arm down pulsing for 5m/15 ft	Swim 4 strokes butterfly with only one breath, then remainder of pool length freestyle	Swim 9 m/30 ft breaststroke with good timing and extension	Swim freestyle 50 metres/yards with rolling body motion, high elbow recovery, and body stretch; swim backstroke 50 metres/yards with rolling body motion, straight arm recovery, and body stretch; swim 25 metres/yards butterfly with dolphin body motion, straight arm recovery, and body stretch; swim 50 metres/yards breaststroke with proper timing and body stretch; perform freestyle and backstroke flip turns and butterfly and breaststroke open turns.

Stroke School Curriculum



PADI SCUBA DIVING COURSES – KIDS & ADULTS

- ❖ Bubble Maker Experience (Kids age 8 and up)
- ❖ Seal Team (8 and up)
- ❖ Junior Open Water Scuba Diver (10 and up)
- ❖ Open Water Scuba Diver (15 and up)
- ❖ Advanced Open Water Scuba Diver
- ❖ Rescue Diver
- ❖ Specialty Courses



PADI PROFESSIONAL SCUBA DIVING

- ❖ Dive Master Course (DM)
- ❖ Assistant Instructor Course (AI)
- ❖ Open Water Scuba Instructor Course (OWSI)
- ❖ Emergency First Responder Instructor Course (EFRI)
- ❖ Specialty Instructor Courses
- ❖ Staff Instructor Rating (SI)
- ❖ Master Scuba Diver Trainer Rating (MSDT)
- ❖ Starfish Aquatics Institute (SAI) Swim Instructor Course
- ❖ SAI StarGuard (Lifeguard Certification Course)



STARGUARD COURSE

The StarGuard Course is a Life Guard certification course for young adults aged 16 and older. It is considered one of the best curriculums in the world, presented by the renowned Starfish Aquatics Institute.

The StarGuard program teaches behaviors and skills to help lifeguards reduce risk and be at their best and ready to take action in the event of an emergency. Infrequent responders must be properly prepared to respond emotionally & technically.

EMERGENCY FIRST RESPONSE

Emergency First Response courses encompass adult, child and infant CPR and first aid skills, and incorporate Automatic External Defibrillator (AED) training and emergency oxygen use. Emergency First Response also offers comprehensive First Aid at Work courses, specifically designed to meet national and international compliance standards for CPR and first aid courses in the workplace. Emergency First Response courses are flexible in design to accommodate scheduling and training needs. They can be taught together or alone in any combination.



Our Facility

