



Sutherland Highschool Swimming Classes

Plavani United Swimming Academy make seasonal usage of Sutherland High School swimming pool for various squads of the academy mainly during the summer season.



KIDS LEARN TO SWIM

Water safety sessions conducted on one-on-one basis. Scheduling of sessions will be given after assessments are completed.



REDS
ROOIHUISKRAAL

BEGINNERS



REDS
ROOIHUISKRAAL

1. Afternoon Class - Afternoon Beginners – Combined level

Mon	Tue	Wed	Thu	Fri	Sat
14:00 - 14:40	No Swimming	No Swimming	14:00 - 14:40	15:30 - 16:00	No Swimming

2. Evening Class - Group 1 – Advance Beginners

Mon	Tue	Wed	Thu	Fri	Sat
17:30 - 18:00	No Swimming	No Swimming	17:30 - 18:00	15:30 - 16:00	No Swimming

Group 2 – Intermediate Beginners

Mon	Tue	Wed	Thu	Fri	Sat
No Swimming	17:15 - 17:45	No Swimming	18:00 - 18:30	15:30 - 16:00	No Swimming

Group 3 – Starting Beginners

Mon	Tue	Wed	Thu	Fri	Sat
No Swimming	17:45 - 18:15	17:30 - 18:00	No Swimming	15:00 - 15:30	No Swimming

ADVANCE/INTERMEDIATE



REDS
ROOIHUISKRAAL

Advance/Intermediate

Mon	Tue	Wed	Thu	Fri	Sat
14:40 - 15:40	14:15 - 15:15	14:40 - 15:40	14:40 - 15:40	No Swimming	No Swimming

- Annerie's conditioning group sessions at Sutherland: Tuesdays 16:15 - 17:00

ELITE



REDS
ROOIHUISKRAAL

Elite Group

Mon	Tue	Wed	Thu	Fri	Sat
15:40 - 17:30	15:15 - 17:15	15:40 - 17:30	15:40 - 17:30	16:00 - 18:00	Venue and time on further notice

- Annerie's conditioning group sessions at Sutherland: Fridays 14:30 - 15:30