



2024  
BROCHURE



Turning Water Lovers Into Champs

## LIZETTE BOTHA

Lizette Botha, co-owner, and head coach of Kiddies Aqua Swimming Academy, holds a degree in Human Movement Science from the University of Pretoria. Specializing in water safety for infants aged 6-24 months, she pursued advanced training with Les Bébés Amphibies in Switzerland. Lizette is also certified in Swimming South Africa's Learn-to-Swim Programs for children aged 2-10 years.

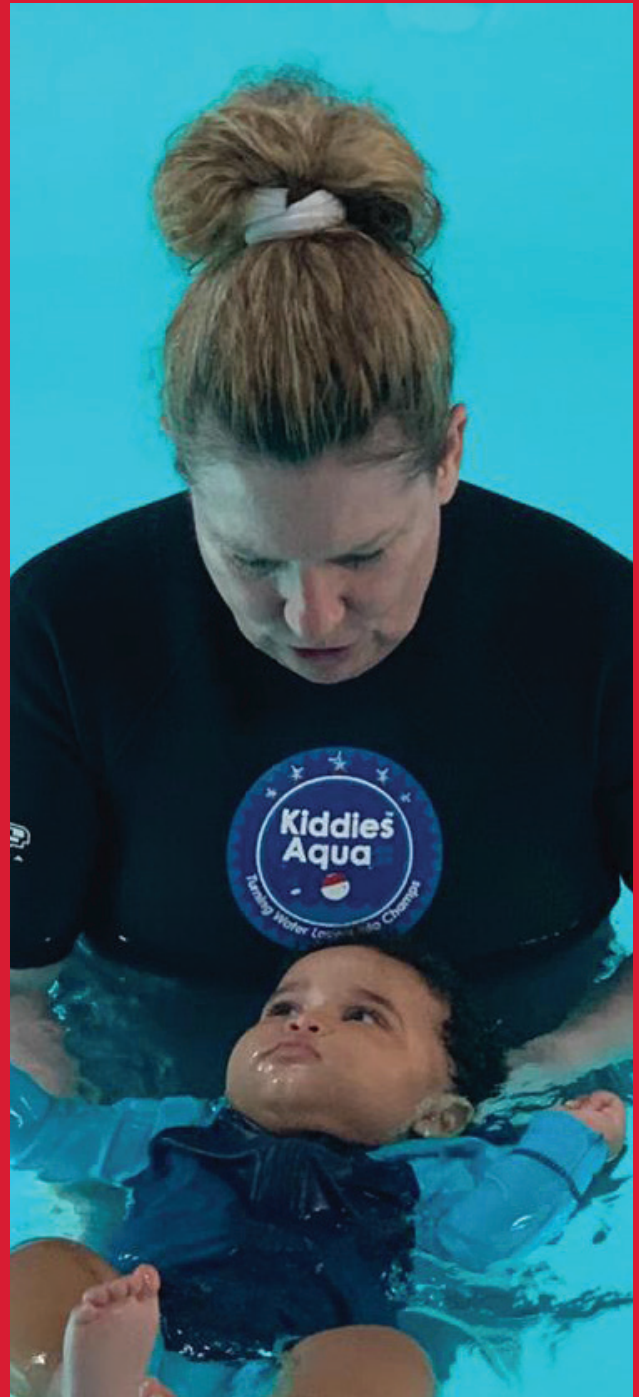
With a rich background in aquatic education, Lizette has served as Swimming South Africa's Liaison Officer in Mpumalanga and currently contributes as a Project Manager for the Princess Charlene of Monaco Foundation. She holds a dual role as a Board Member and Project Manager for the African Children Aquatic Foundation.

Among her notable achievements, Lizette has had the privilege of instructing the children of prominent figures, including Prince Jacques and Princess Gabriella, the twins of Princess Charlene of Monaco. She has dedicated herself to ensuring their water safety and fostering their swimming skills with utmost care and expertise.

Since embarking on her career journey in 1989, Lizette has imparted invaluable water safety skills to over 11,000 infants and has taught swimming to 23,000 young children and adults. Renowned as South Africa's foremost Baby Floating Specialist, she has garnered recognition through appearances on various television programs such as Carte Blanche, Supersport, Kwêla, Top Billing, Pasella, ZDF-TV (Germany) among others, showcasing her innovative teaching methodologies.

Lizette actively advocates for water safety and awareness among infants and toddlers through public talks, radio appearances, seminars, and expos. Her dedication to this cause extends beyond the pool, making a meaningful impact on communities across South Africa.

Her commitment to aquatic excellence is further evidenced by her daughters' achievements. Both regularly represented South Africa in the National Junior Squads during their school years and were honored with swim scholarships in the USA. Notably, Lizette's eldest daughter, Mikal, follows in her footsteps as a qualified Baby Floating Instructor, embodying the family's passion for aquatic education and safety.



## BACKGROUND

Established in 2011 by Lizette and Arrie Botha, Kiddies Aqua Swimming Academy traces its roots to their previous 17-year ownership of Aqua Kid Swim School in Nelspruit and Lizette's role as Head Coach at Ryk Neethling's swim school in Pretoria. Marking Lizette's remarkable 35th anniversary as a swimming instructor, she, alongside Jean Fouace from Switzerland, co-founded Amphibies Babies Africa. Jean is globally recognized as the pioneer and original developer of the Self-Rescue Water Safety Method for Babies since 1967.

With a network spanning 11 branches across South Africa and Namibia, the academy proudly serves over 6,000 swimmers every month. It stands as a testament to Lizette and Arrie's commitment to providing unparalleled swimming education and remains the largest swimming academy in the country.

## AFFILIATIONS AND PEOPLE

Affiliated with *Swimming South Africa*, *Amphibies Babies Africa*, *Les Bébés Amphibies (Switzerland)*, and the *World Swimming Coaches Association*, the academy comprises more than 40 highly skilled instructors with expertise in fields such as Human Movement Science, Childhood Psychology, Teaching, Early Childhood Development, Sports Management, and Sports Science. These instructors are registered with Swimming South Africa and hold national and international certificates in teaching swimming. These swimming lessons are presented at their indoor heated facilities in Moreleta Park and Hatfield (University of Pretoria – Indoor Sports Centre). The academy is in partnership with *TuksSwimming* and collaborates with the *African Children Aquatic Foundation*, and the *Princess Charlene of Monaco Foundation*. They have also got franchised outlets in Alberton, Cape Town, Centurion, Roodepoort, Montana, Mamelodi, Savanna City, Sinoville and Namibia.



## SERVICE OFFERING

- **Affordable**, focused and quality swimming lessons for infants (6-24 months), toddlers (2-6 years), older children (7-12 years) and adults (18-years and older).
- **Personal attention.**
- **Individual** one-on-one lessons for babies, adults, and Special Needs Kids.
- **Value for money.**
- **NO** administration or joining fee (only a once-off small annual club fee at Tuks-branch).
- **GUARANTEED** PROGRESS OR YOUR MONEY BACK
- **Only three swimmers** per lesson (20-min) per instructor.
- Beautiful, modern, heated indoor - and outdoor facilities.
- **Highly qualified** and experienced instructors (graduates with various sports- and educational backgrounds).
- **FREE** branded Kiddies Aqua swim bag and cap at all branches when joining.
- **Special rates** for township branches.
- **Month-to-Month** Membership Agreement.



## SWIMMING PROGRAMS

- **Self-Rescue Water Safety Courses for babies** (ages 6-24 months).
- **Learn-to-Swim- and swim readiness lessons for toddlers & older children** (ages 2-12-yrs).
- **Stroke correction lessons for young gala swimmers** (any age).
- **Swimming- and stroke correction lessons for adults** (18-years and older).
- **Swimming lessons for Special Needs Kids** (any age).
- **Water Aerobics** (any age).

**Emphasizing water safety and self-rescue**, the academy **ensures each child progresses according to their ability**, following a purposeful program.



## IMPORTANT INFORMATION ON DROWNING

1. Internationally, drowning stands as the second most common cause of unnatural deaths among children under five.
2. Every two minutes, a person meets a tragic end due to drowning worldwide.
3. In South Africa alone, three children succumb to drowning daily, accompanied by 15 near-drowning incidents.
4. Alarmingly, 90% of all drowning cases are entirely avoidable with proper supervision and attention from parents and caregivers.
5. Enrolling children and adults in structured swimming lessons can serve as a crucial step in averting drowning incidents.



## MONTHLY SWIMMING FEES FOR 2024

	SWIM PROGRAM	1x PER WEEK (4x lessons per month)	2x PER WEEK (8x lessons per month)
1	Self-Rescue Water Safety Program for Babies (Baby Floating) (6-24-months)	R830 p.m.	R1 410 p.m.
2	Learn-to-Swim and Style Correction Program for Toddlers and Young Kids (2-12-years)	R610 p.m.	R895 p.m.
3	Special Needs Kids (Any age)	R855 p.m.	R1 175 p.m.
4	Adult Swimming and Style Correction Program (Any age)	R695 p.m.	R980 p.m.
5	Water Aerobics Program	R575 p.m.	R820 p.m.

**NOTE: Discount fees are on offer for families with three or more members**



## CONTACT DETAILS

For more information you can contact anyone of their Client Care Coordinators at:

**Pretoria:** 072 186 6660, 1230 Esser Streets, Moreleta Park

**Pretoria:** 076 392 4958, 1 South Street, University of Pretoria Sports Campus, Hatfield

**Pretoria:** 076 749 4964 837, Baccara Street, Montana

**Pretoria:** 071 687 0489, 233 Wildepeer Avenue, Sinoville

**Alberton:** 079 938 1455, 52 Douglas Harris Drive, Meyersdal

**Centurion:** 079 534 1545, 195 Meyer Street, Wierdapark

**Cape Town:** 074 222 7235, 34 Avonmouth Avenue Parklands

**Roodepoort:** 064 757 5050, 15 Speldekussing Avenue, Roodekrans

**Namibia:** +264 813 079 810, 1403 Omeg Street, Otjiwarongo

**Mamelodi:** 079 778 953, Curro Mamelodi, 7260 Tsamaya Street, Mahube Valley

**Vereeniging:** 082 051 1099, Curro Savanna City - Central Boulevard Street, De Deur

**FREE evaluation- and demonstration lessons can be arranged at anyone of our above branches.**

## WEB & SOCIAL MEDIA

**Website:** [www.kiddiesaqua.co.za](http://www.kiddiesaqua.co.za)

**Instagram:** @kiddiesaquaswim

**Facebook:** KiddiesAquaSwim

**E-mail:** [info@kiddiesaqua.co.za](mailto:info@kiddiesaqua.co.za)



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Children  
AQUATIC  
FOUNDATION**



**PRINCESS  
CHARLENE  
OF MONACO  
FOUNDATION  
SOUTH AFRICA**

