



Masters Swimming at Seals

Dear Seals Masters Swimmers & Families

Ahead of the new season starting 1 May, this letter is to summarise key information going forward. Please read through and let us know if you have any queries.

Coaching

Masters Coaching at Seals

Tuesdays & Thursdays
05h30-08h00

Seals Swimming Club | GC Jolliffe Pool



with his extensive experience in pool & open water swimming, we are privileged to have **Ted Townsend** on the Seals coaching team for our adult members. Catering to different ages and stages, Ted can help you reach your goals... join the fun and see for yourself!

email: admin@sealsswimclub.co.za to join



2024 saw the start up of Ted Townsend's coaching for some of our Masters swimmers at Seals. With a growing squad, we are excited to see what the new season might hold!

Fees per month for Coaching will remain at R250 and are invoiced to the swimmer from Seals.

Note that along with Pool Levies, Coaching Fees are not billed on an ad-hoc basis. From the first month that a swimmer is on Ted's register in the new season, they will be billed monthly unless one month's written notice of withdrawal is emailed.

Pool Opening Times - Masters

Weekdays	06h30-14h30 (earlier for Coaching squad on Tue & Thur)
Saturday	10h30-15h00
Sunday & Public Holidays	08h00-14h00

**The above times are subject to change depending on meets or events scheduled at the facility. Any changes will be communicated in advance*

Administration

Office Hours - Mary

Mon | Wed | Thur 09h00-17h00 Pine Street Office
Tue | Fri 08h00-16h00 Remote Working
admin@sealsswimclub.co.za | WhatsApp 082 563 6767

Office Hours - Glynis

Mon - Fri 09h00-17h00 Pine Street Office
Office: 033 345 3170

Members needing administrative assistance can communicate with Mary and/or Glynis as necessary. The new season is always a busy period with new members needing specific information. We will do our best to communicate clearly and regularly to members regarding upcoming meets, training schedules and any other relevant information.

Security at the Facility

It is recommended that you purchase a remote for the main entrance and exit gates for peace of mind that your vehicle is safe when parked. They are available from Glynis in the Front Office during office hours at a cost of R180.

Male & Female Changing Rooms are available as always but swimmers are advised to either take all belongings onto pool deck with them or bring their own padlock and make use of the lockers in the changing rooms (these are limited in number).

Fees

Membership and Pool Levy Fees will not be increased for the 2025-2026 season.

Please note that all invoices issued by Seals are to be paid to Seals.

FEES 2025- 2026	INDOOR POOL
	18yrs/over
Annual Membership Fee Once Off Fee <i>Invoiced from SEALS and Payable via EFT</i>	R650*
Monthly Pool Levy <i>Invoiced monthly from SEALS and Payable via EFT</i>	R350
Monthly Coaching Fees with Ted Townsend <i>Invoiced monthly from SEALS and Payable via EFT</i>	R250

**Seals can agree a 2 or 3 month payment plan should any member not be in a position to pay the full amount at once. Any such agreement will be strictly confidential and agreed in advance*

Adult swim members (Masters) will not have lifeguard assistance when using the indoor facility during the opening hours. It is therefore advised that Swimmers do not swim alone

Membership of Seals as a Masters Swimmer is compulsory and includes providing an emergency contact and details of any known medical conditions. It is the responsibility of all swimmers to bring required medication and to follow instructions from their medical professionals.

NO REFUNDS or CARRY OVERS are issued for Membership Fees, Pool Levies or Coaching Fees

If a swimmer registers with Seals Club and leaves within the first month of registration, they will be liable for one (1) month of Pool Levies (and Coaching Fees if applicable)

If a member wishes to discontinue their membership of Seals Club after their first month of membership, written notice of one (1) calendar month is required to be addressed to the Seals Club Secretary: admin@sealsswimclub.co.za

Unless this notice is given, the member will continue to be invoiced accordingly and will remain accountable for the monthly fees owing.

Dates for your Diary (not an exhaustive list but key known dates for now)

EVENT	DATE(S)	LOCATION	DETAILS
Seals Winter Gala 1	Sun 1 June	Seals Swimming Club; Pmb	Pool will be closed during Warm Up & Competition – timing TBC
Comrades Marathon (down run Pmb - Dbn)	Sun 8 June	Polly Shortts	TBC – all Masters swimmers encouraged to assist
Seals Winter Gala 2	Sat 21 June	Seals Swimming Club; Pmb	Pool will be closed during Warm Up & Competition – timing TBC
aQuelle Midmar Mile 2026	Thur 5 – Fri 6 Feb Sat 7 – Sun 8 Feb	Midmar Dam	www.midmarmile.com Swimmers & Families are encouraged to be rostered – details will be publicised from December 2025
Seals Club Champs 2026	First weekend March 2026	Seals Swimming Club; Pmb	Pool will be closed during Warm Up & Competition – timing TBC