

SWIMMING PROGRAM

We welcome you to enroll your child in our comprehensive swimming program for kids and teens. This falls under our new “General Life Skills” program expected to run for the next one year.

Swimming is an important hobby, as well as a great skill for your children to learn. While kids need to learn to swim early, you should also ensure they understand the crucial habits of water safety. Why is it important to learn about water safety? Well, one of the reasons is that drowning is one of the leading causes of death in the world. Drowning is the second-leading cause of unintentional injury death for children and sixth for people of all ages.

At Zaridi Afrika we offer top-notch swimming lessons integrated with crucial life-saving techniques and water safety procedures. Learning to swim impacts children with survival skills and great techniques to prevent exhaustion, hence conserve energy. These fun lessons can encourage a lifetime of healthy habits and when children and teens know how to swim, they’re more likely to engage in physical activities at home, school, and in their community. It is also an easy way of improving mental health and maintaining a healthy weight and cardiovascular system. Infant swimming lessons reduce the risk of drowning for your child as they grow.

For convenience, we have created an open plan program where the parent/guardian advises us on the most preferable days for training. Once enrolled, your child/teen will enjoy a short 1 and a half hour training session with our professional instructors, with a free snack break. We have also incorporated affordable transport services to and fro the venue for those parents/guardians who would prefer such an option.

CATEGORY	NO. OF SESSIONS	COST	TRANSPORT	TOTAL
Children	8	8,500	2,500	11,000
Teens & Youth	8	9,500	2,500	12,000

NOTE: The parent/guardian of each respective child will be required to fill our parental consent form and make all necessary payments before enrollment in the program. For any inquiries kindly contact us on +254112096064 or info@zaridiafrika.com.

We look forward to being of your service.

