

TEAM KIDDIES AQUA



LIZETTE BOTHA

Co-owner & Head Coach: Infants

Lizette Botha (owner and head coach) is our infant- and toddler swimming specialist. She holds a degree in Human Movement Science (University of Pretoria) and was also a provincial athlete and -hockey player during her school- and university careers. She also completed three Comrades Marathons. She and Jean Fouace are the founder members of *Amphibies Babies Africa™* and she also serves as project manager for the *Princess Charlene of Monaco Foundation (South Africa)*.

Lizette equipped herself further on the terrain of water safety courses for babies (6-24 months) through *Les Bébés Amphibies International (Switzerland)* and also completed *Swimming South Africa's* Learn-to-Swim training programs. She obtained various other certificates in an effort to enhance her knowledge on the psychological- and physiological development of infants and toddlers. Lizette also served as *Swimming South Africa's* liaison officer for Learn-to-Swim in Mpumalanga during her stay in Nelspruit. She opened her first swim school already in 1993.

In 2014 Lizette and Jean Fouace (*Les Bébés Amphibies International - Switzerland*) started their own brand for the Self-Rescue Water Safety Program for babies, namely *Amphibies Babies Africa™*. She is also a member of the TUKS Swimming Coaches Team.

In 2015 she was invited by H.S.H. Princess Charlene of Monaco and husband, H.S.H. Prince Albert II, to go and assist with the Self-Rescue Water Safety Program for their baby twins (Prince Jacques and Princess Gabriella) in Monaco. Since then she visited Monaco several times for other projects of the Princess's foundation.

She regularly attends international conferences and seminars and even visited Gustavo Borges in Brazil and various universities in the USA to cross pollinize with some swimming knowledge with them. Gustavo and his wife own more than 180x swim schools in Brazil

(*Academia e Escola de Natação Gustavo Borges*) and are both ex-Olympic medalists.

During December 2017, Lizette visited Josh Davis (ex-USA Olympic swimming captain and Olympic gold medalist) at Oklahoma Christian University to learn more from him on advance swimming and share her knowledge with him on infant- and toddler swimming. She paid similar visits to the head swimming coaches of Stony Brook University (New York) and Olivet Nazarene University (Chicago).

Lizette has spent more than 80 000 hours in the water (not on pool deck) teaching infants, toddlers and adults to swim. She has already taught more than 8 500 babies to float and 18 000 children to swim during her coaching career since 1989. She is South Africa's top baby floating specialist with accolades from *M-Net's Carte Blanche*, *Kwêla*, *Supersport* and *SABC's Pasella* and *Top Billing* doing programs on her and her unique Self-Rescue Water Safety methods for infants. *Finesse Magazine* also did an article on her in 2017. She regularly does radio interviews and also expert talks at parents' evenings and baby expos.

Both Lizette's daughters, Mikal and Carmen, have regularly been taken up in South Africa's junior national swimming squads. They have already achieved provincial swimming colors from the age of seven years, winning medals on a regular basis at provincial- and national swimming competitions. Both of them were awarded student/athlete scholarships in the USA and are currently swimming and studying at the St. Francis College (New York) and Oklahoma Christian University, respectively.

Lizette is leading her team of swimming coaches with excellence. She makes sure that they are all exceptionally well-trained and informed on all aspects of swimming. She presents refresher courses to her staff on a regular basis and creates an environment of continuous improvement, participation and learning. Her patience, love and passion for children trickles down to all her coaches and staff members which allows an environment for comfortable and progressive learning. She is highly regarded amongst the swim coaching fraternity in South Africa and abroad and adds tremendous value to the sport of swimming, water safety and water awareness.



ESTIE BOTHA

Head Coach: Moreleta Park

Joined Kiddies Aqua	August 2011
Highest Qualification	Diploma in IT
Registered with Swimming SA	Yes
Valid CPR and First Aid	Yes
In-house and other training	Attends regularly
Police Clearance	Yes
Specialties	<p>Bridging phase between babies and toddlers</p> <p>Learn-to-swim for toddlers (All three phases)</p> <p>Stroke- and stroke correction for young gala swimmers</p> <p>Adult Swimming</p>
Accolades	<p>Head Coach – Moreleta Park Branch</p> <p>Winner of Golden Towel Award – June 2019</p>
Other characteristics	<p>Estie bonds strongly with her swimmers and parents. She is very patient in her approach and a superb stroke coach. She is creative and innovative in her thinking and gets her swimmers at a very high level of competency very fast. She delivers quality swimmers year after year. She makes her swimming lessons always exciting and interesting. She is a strong team player and very passionate about children. Her parents regularly express their satisfaction with her. She is strong and disciplined worker that always puts her clients' interest first.</p>



IRENE MOKOENA

Instructor: Tuks

Joined Kiddies Aqua	January 2001 (Aqua Kid Swim School - Nelspruit)
Highest Qualification	Matric
Registered with Swimming SA	Yes
Valid CPR and First Aid	Yes
In-house and other training	Attends regularly
Police Clearance	Yes
Specialties	<p>Bridging phase between babies and toddlers</p> <p>Learn-to-swim for toddlers (All three phases)</p> <p>Stroke- and stroke correction</p> <p>Adult Swimming</p> <p>Special Needs Kids</p>
Accolades	<p>Irene has been a swimming teacher since 2001. She started with Lizette at her swim school in Nelspruit. In the early 2000's Irene qualified as one of South Africa's first Black Learn-to-Swim teachers. She worked for Lizette for eight years before Lizette moved to Pretoria in 2009. She took over various clients and pre-schools from Lizette in Nelspruit and never stopped teaching swimming since then. Irene is also assisting us with most of our <i>Princess Charlene of Monaco Foundation</i> projects.</p> <p>Most Improved Swimming Instructor Award (2018).</p>
Other characteristics	<p>Irene is a super coach who learnt her trade through Lizette. She is fluent in several languages, including Afrikaans, English, Pedi, Venda, Sotho and Shangaan. She is passionate about swimming and a real mother figure to our</p>

	swimmers. She is a goal-driven, positive, enthusiastic hard worker and a good communicator. She builds and maintains brilliant relationships with her swimmers and parents. Parents insist that their children must swim with Irene. She is an enthusiastic student of the sport and always tries to stay informed on all the latest developments in swimming.
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KARMEN JANSEN

Instructor: Moreleta Park

Joined Kiddies Aqua	September 2017
Highest Qualification	Diplomas in Sport Science, Sport Development, Sport Practice, Sport Psychology, Sport Organization & Administration and Coaching Science
Registered with Swimming SA	Yes
Valid CPR and First Aid	Yes
In-house and other training	Attends regularly
Police Clearance	Yes
Specialties	Bridging phase between babies and toddlers Learn-to-swim for toddlers (All three phases) Adult Swimming Stroke- and stroke correction for young gala swimmers
Accolades	Best Swimming Instructor Award (2018)
Other characteristics	Karmen is a highly talented swimming coach who understands the mechanics of the sport very well and who is getting her swimmers very quickly on a high level of competency. She is passionate about swimming with a loveable and friendly personality. She is a highly disciplined-

	<p>and well organized swimming coach who knows what she wants. Her swimmers progress at a fast rate, seeing that she places a strong emphasis on water safety and stroke competency. She teaches them the perfect stroke and makes sure they are 100% swim-ready by the time they enter primary school. She builds strong relationships with her swimmers and parents and always make their interest a top priority. Her parents regularly express their satisfaction with her.</p>
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JAIMÉ MYHILL

Instructor: Tuks

Joined Kiddies Aqua	January 2017
Highest Qualification	LLB-degree (Final year - 2019)
Registered with Swimming SA	Yes. She only works for us on a temporarily basis on Fridays and Saturdays and during university holidays.
Valid CPR and First Aid	Yes
In-house and other training	Attends regularly
Police Clearance	Yes
Specialties	<p>Bridging phase between babies and toddlers</p> <p>Learn-to-swim for toddlers (All three phases)</p> <p>Adult Swimming</p> <p>Stroke- and stroke correction for young gala swimmers</p> <p>Special Needs Kids</p>
Accolades	Jaimé is an ex-provincial swimmer who participated and won medals at provincial- and national swimming championships

	<p>during her primary- and high school years. She is a top academic scholar and serves on the Dean's merit list and is also part of the Golden Key Society at the University of Pretoria. Jaimé is also assisting us with most of our <i>Princess Charlene of Monaco Foundation</i> projects.</p> <p>She is also the winner of our Golden Towel Award (July 2019) and won our award for Best Positive Spirit (2018).</p>
Other characteristics	<p>Jaimé is much loved by her swimmers and parents and specializes in the bridging phase from babies to toddlers.</p> <p>She works closely together with Lizette who is handing the babies over to her after they have completed the Self-Rescue Water Safety Program.</p> <p>She is also brilliant in teaching stroke- and stroke correction to young swimmers and adults and is also assisting us with our Special Needs Kids. Jaimé is a serving person and a brilliant team contributor and inspiration to our entire team.</p>



CARMEN BOTHA

Instructor: Tuks

Joined Kiddies Aqua	January 2018
Highest Qualification	Pre-Law Degree (St. Francis College – New York – USA – 2 nd -year 2019)
Registered with Swimming SA	No. As part of her swim teaching training Carmen followed a six-week intensive training program with mom Lizette. She only works for us on a temporarily basis during her 4-month USA summer break (May to August every year).
Valid CPR and First Aid	Yes
In-house and other training	Attends regularly, when at home.
Police Clearance	Yes

Specialties	<p>Bridging phase between babies and toddlers</p> <p>Learn-to-swim for toddlers (All three phases)</p> <p>Stroke- and stroke correction for young gala swimmers</p>
Accolades	<p>Carmen is a top performer in the pool as well as at university in the USA. She used to be in the Top 5 of all female swimmers in South Africa in various events and has been a national age group swimming champion since the age of seven years, winning medals regularly at national- and provincial swimming competitions. She still holds several Northern Gauteng provincial swimming records. Together with her older sister, Mikal, they still hold several swimming records between them at Afrikaans Hoër Meisieskool in Pretoria.</p> <p>She has also been included in the SA Junior swimming squads since the age of 14-years and has been offered more than 90x swim scholarships from different universities in the USA. She also swam for Mpumalanga- and Gauteng Schools and Gauteng North Province during her whole school career. She won the Victrix Ludorum every year during her school career and also a few times at the A-league inter-schools gala.</p> <p>She joined the University of North Texas (Dallas, USA) in August 2018 on a full athlete/student scholarship, but moved to St. Francis College (New York, USA) in 2019, also on a full athlete/student scholarship. She is swimming for them in the NCAA League (Division 1). She received the award for Athlete of the Week during her time at the University of North Texas.</p>
Other characteristics	<p>Carmen has got a great touch with the children and loves assisting them to improve in their swimming ability. She enjoys sharing her vast knowledge of competitive swimming with the younger generation swimmers.</p>



MIKAL BOTHA

Instructor: Tuks

Joined Kiddies Aqua	January 2016
Highest Qualification	B. Ed Degree - Early Childhood Development and Psychology (Oklahoma Christian University – Oklahoma - USA – 3 rd year 2019)
Registered with Swimming SA	No. As part of her swim teaching training Mikal followed a six-week intensive training program with mom Lizette. She only works for us on a temporarily basis during her 4-month USA summer break (May to August every year). She also takes great interest in learning from her mom regarding the Self-Rescue Water Safety Method for babies.
Valid CPR and First Aid	Yes
In-house and other training	Attends regularly, when at home.
Police Clearance	Yes
Specialties	<p>Bridging phase between babies and toddlers</p> <p>Learn-to-swim for toddlers (All three phases)</p> <p>Stroke- and stroke correction for young gala swimmers</p> <p>Adult Swimming</p>
Accolades	<p>Mikal is a top performer in the pool as well as at university in the USA. She used to be in the Top 10 of all female swimmers in South Africa in various events during her school years, winning medals regularly at national- and provincial swimming competitions. Together with her younger sister, Carmen, they still hold several swimming records between them at Afrikaans Hoër Meisieskool in Pretoria.</p> <p>She has also been included in the SA Junior swimming squads at the age of 14-years and has been offered more than 40x swim scholarships from different universities in the</p>

	<p>USA. She also swam for Mpumalanga- and Gauteng Schools and Gauteng North Province during her whole school career. She won the Victrix Ludorum for five consecutive years at high school.</p> <p>She joined Tampa University (Florida, USA) in August 2017 on an athlete/student scholarship, but moved to Oklahoma Christian University (Oklahoma, USA) in 2018, on an athlete/student scholarship. She is swimming for them in the NCAA League (Division 2).</p>
Other characteristics	<p>Mikal loves working with young children and takes great interest in their early development. She has got an excellent touch with the children and loves sharing her vast swimming knowledge with the older swimmers. Like her mom, she is planning to open her own swim school one day. She is already helping her mom with the babies and the bridging phase between the babies and the young toddlers.</p> <p>Further, she also assists with stroke- and stroke correction and gala preparation for our young competitive swimmers.</p>



NANDI SMIT

Instructor: Tuks

Joined Kiddies Aqua	January 2019
Highest Qualification	Diplomas in Graphic Design and Photography
Registered with Swimming SA	No, not yet. As part of her swim teaching training Nandi followed a six-week intensive training program with Lizette and Uschi.
Valid CPR and First Aid	Yes

In-house and other training	Attends regularly
Police Clearance	Yes
Specialties	Bridging phase between babies and toddlers Learn-to-swim for toddlers (All three phases)
Accolades	Nandi excelled at swimming during her school years and was also a top performing drum majorette. Until most recently, she worked for <i>Finesse Magazine</i> as Lay-Out Artist and Photographer.
Other characteristics	Nandi is mainly working with the very young toddlers who have just completed the Baby Floating Program with Lizette. She has got a very friendly- and vibrant personality. Our little swimmers adapt quickly to her and she is achieving excellent results with them. As a mother of two young children herself she understands young children's specific needs very well. She has got a very good touch with them and her approach is soft with lots of love. She brings that motherly instinct to the water and the children finds comfort in her very easily and quickly.



MIKE DAWSON

Instructor: Tuks

Joined Kiddies Aqua	January 2017
Highest Qualification	2-year Diploma in Personal Training (Sharks Rugby Academy). In addition to this, Mike also completed the KZN- and International Rugby Board Level 1 Coaching Courses.
Registered with Swimming SA	Yes
Valid CPR and First Aid	Yes
In-house and other training	Attends regularly

Police Clearance	Yes
Specialties	Learn-to-swim for toddlers (All three phases) Stroke- and stroke correction for young gala swimmers Adult Swimming Special Needs Kids
Accolades	Mike excelled at rugby, swimming, athletics and water polo during his school years. After school he joined the Sharks Rugby Academy and played rugby for their junior teams. He continued to become an assistant coach at Hillcrest High and also did some Boot Camps at Westville Girls High. Mike is also assisting us with most of our <i>Princess Charlene of Monaco Foundation</i> projects.
Other characteristics	Mike has got an unbelievable touch with the children, especially with the Special Needs Kids. He understands them and loves coaching them. He is also excels at stroke- and stroke correction coaching, seeing that he was a competitive swimmer himself whilst still at school. Most of our adult swimmers swim with Mike. He is an enthusiastic student of the sport and always wants to improve and expand on his knowledge about swimming. He is also going the extra mile for his teammates and colleagues and no task is too big or too small for him.

Client Care Coordinators



HEINDRICH MOMBERG

Client Care Coordinator: Moreleta Park

Joined Kiddies Aqua	January 2018
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Highest Qualification	BA Degree in Environmental Management
Job Description	<p>Heindrich is a superbly well-organized individual and is in charge of our Moreleta Park branch. He serves our clients with the highest level of professionalism and care. He also acts as Lizette's personal assistant, arranging her whole time table and diary on her behalf at the branch. His other responsibilities include: 1) general client care, 2) the liaising between the swim school and the client, 3) the placement of new clients, 4) personal assistance to our swimming instructors, 5) the management of the facility and 6) the assistance with any client account queries.</p> <p>Best Administration Employee Award (2018).</p>



JOLANDA BENDER

Client Care Coordinator: Tuks

Joined Kiddies Aqua	February 2019
Highest Qualification	National Certificates from UNISA for grading E, D and C as Security Officer. She also completed several other certificates in Computer Programming and Accounting
Job Description	<p>Jolanda is a very well-organized individual and is in charge of our Tuks branch. With 20-year accounting background is Jolanda in charge of our Accounting, SARS and Payroll responsibilities. She serves mainly as Lizette's personal assistant at our Tuks-branch, arranging her whole time table and diary on her behalf. She is an exceptional dedicated individual who is totally devoted to her work and the tasks at hand. The ultimate professional who understands the various functions of the business and how they fit in together. She also assists us on the following, namely: 1) general client care, 2) the liaising between the swimming school and the</p>

	<p>client, 3) the placement of new clients, 4) personal assistance to our swimming instructors, 5) the management of the facility and 6) the assistance with any client account queries.</p> <p>Golden Towel Award (May 2019).</p>
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ELIZABETH SHANDUKANE

Administration Clerk: Tuks

Joined Kiddies Aqua	November 2017
Highest Qualification	National Certificate in Further Education and Training: Information Technology and Technical Support.
Job Description	<p>Elizabeth is a pleasant, warm and hardworking individual who looks after our clients' needs during their visits. She arranges the service order and queuing line in how Lizette receives her daily clients. Elizabeth's other responsibilities at the swim school include: 1) general client care and welcoming, 2) general administration and filing, 3) the placement of new clients and 4) personal assistance to our Client Care Coordinators.</p>



ZANDRI KRIEL

Joined Kiddies Aqua	September 2018
Highest Qualification	B Com Degree in Human Resources Management – (2 nd year 2019)
Job Description	Zandri is only assisting us on Saturday mornings and during our Holiday Camps at the end of each year. Her responsibilities at the swim school include: 1) general client care and welcoming, 2) handling of new inquiries, 3) the placement of new clients and 4) personal assistance to Lizette where she arranges the service order and queuing line in how Lizette receives her Saturday morning clients.