



Sonja Swim School

Sonja van Ryswyk

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Sonja van Ryswyk has been coaching & teaching swimming since 1978!



Coach Sonja with her assistant coach for Senior Squad training **Francois du Toit!**



Sonja Swim School offers **Todswim lessons, Learn to Swim lessons, Stroke Correction lessons & Swimming Training** for Competitive Swimmers of all ages – **Level 0 to Masters!**



Sonja Swim School is proudly affiliated to **Fish Eagle Swimming Club**



Reminder to all **Sonja Swimming School Senior Squad Members** training is due to start on the **1st September 2015**. Please contact Sonja should you wish to join the squad or require further information about the various swimming lessons she offers.