

JANUARY 2025 EDITION



R600

GREAT ESCAPE CAMP-OUTS

(Overnight in the Simpson Hall)

"Date Night for Parents"

ACTIVITIES FOR KIDS

Rollerskating / Skateboarding / Swimming / Dodgeball / Games / Crafts /

Pizza / Popcorn / Campout in School Hall / Breakfast

CAMPOUT 1

Fri 14 February (Valentine's Day) 17:00 - 08:30 on Sat 15 February

Final Bookings & Payments - Fri 7 February

CAMPOUT 2

Thurs 20 March (Final Day of the Term) 17:00 - 08:30 Sat 21 March

Final Bookings & Payments - Mon 17 March

Contact Miss Mac for queries or to make a Booking

sport@somersethouse.co.za / 0832617980

M McIlroy / ABSA / 4043886176 / Ref: GE Surname, Grade & Option 1 or 2

13 PEAKS 4 DAY CHALLENGE

10 - 13 April 2025



www.nyati-x.com

[@nyati_x](https://www.instagram.com/nyati_x)

[@nyati-Xplore](https://www.facebook.com/nyati-Xplore)

GUIDED HIKE OVER 4 DAYS || 106KM || 6800M VERT

*Also available as a trail run,
and/or in 8 easier segments*

Past somerset house parents are downscaling and have a double story garden “cottage /flat” to rent to the right person / couple.

The house is in a quiet, secure Cul de sac (off Oldenland road above Reservoir Road). It is north facing with upstairs views of the Helderberg. Adjoins the main house with separate gated access and parking, downstairs kitchenette /living / dining with garden access, upstairs bedroom en suite with balcony upstairs tv/ living area adjoining the main bedroom.

Approx 90m2 floor area + balcony and garden area. Will suit a quiet single professional person or couple. Could accommodate a young child or baby. A socialised pet could be accommodated. The place is partially furnished but could be rented unfurnished.

Minimum 1 year lease from 01 March 2025. Rental incl electricity and water R10k /pm for a single person or R12 k/pm for a couple.

2 months deposit and references / checks required. Contact Rob on 0837688859



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ON THE MOVE

BALLET CLASSES AGES 3-8

WHERE THE LIGHT FILLS THE ROOM
THROUGH MOVEMENT.

FOR MORE INFORMATION PLEASE CONTACT ANAIS FOURIE



+27 69 215 6905 📞

balletonthemove@outlook.com ✉️

@ballet.on.the.move 📷

ballet

ON THE MOVE

SCHEDULE:

WEDNESDAYS:

13:00-13:30 TINY TOTS
(BORN IN 2020)
13:30-14:00 PRE-PRIMARY
(BORN IN 2019)
14:00-14:30 PRIMARY
(BORN IN 2018)

THURSDAYS:

13:30-14:00 BABY BALLET
(BORN IN 2021)

**Join Coach Fadz every
Friday for some Tag
Rugby** 



**From Age 9 and above
Girls and Boys
Venue : SH
Time : 16:30-17:30**



**R100 per session
Banking Details:
Capitec
Savings
1442545281
F Abels**



**Contact Coach Fadz
074 057 0458
fadiaabels@gmail.com**

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Are you ready to take your soccer skills to the next level?

Join the world's number 1 soccer skills teaching method for **boys and girls** aged 4 to 13! Whether you're brand new to the sport or have a natural knack for the game, our sessions are all about **fun, movement, and building confidence!**



Let's make soccer their favourite part of the week!

Saturdays

**Webb Field,
Somerset House**

**FIRST SKILLS
8:30-9:15 AGES 4-6**

**PERFORMANCE ACADEMY
9:30-10:30 AGES 7-9
10:45-11:45 AGES 10-13**

**R550
per month
per player**



SIGN UP NOW
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Young Barbarians Rugby and Sports Academy



Costing

U7 - U9:

R550 per month

U10 - U13:

R650 per month

Discount

Discounted rates will be offered to siblings, if children partake in all sessions.

Shaping tomorrow's future

U7 - U9:

Rugby Skills

Thursday @ 15h30 - 16h30

U10 - U13

Rugby Skills

Day and Time: TBC

Venue: Somerset House

U10 - U13: (Boys and Girls)

Saturday:

09:45 - 10:30 (Strength and Conditioning)

Venue: Amped Active

A fitness facility at Mambos Circle, Cnr Centenary, Reese Rd, Somerset West

To find out more or join, contact youngbarbas.cpt@gmail.com or via Whatsapp: 083 507 2680 (David O'Brien)

Netball Goal Getters

Practise makes Perfect

OFF SEASON 6-13 YEARS

WHEN
EVERY FRIDAY
14:00-15:00

SOMERSET HOUSE

MONTHLY FEE

R280

HOW TO REGISTER

SEND A WHATSAPP

MESSAGE TO

071-189-5354



SOMERSET HOUSE

FOUNDED 1948



NERVOUS SYSTEM ATTUNED PARENTING WORKSHOPS

WHEN: 8th February & 22nd February 2025

WHERE: Somerset West (in-person)

VENUE: TBC

TIME: 9:00 – 12:00

Workshop 1

Introduction to:

- Nervous System safety in a family context
- Regulation
- Co-regulation
- Connection

Contact:

Please WhatsApp message me or email for more information on:

CELL: 082 2244260

EMAIL: zoe.skillsforlife@gmail.com

(Booking is essential as there are limited numbers per group session).

FACILITATED BY:

Zoë Douglas

- Registered Counsellor
- TRE Provider
- Yoga instructor

WORKSHOP OFFERS:

- Information sessions
- Open discussions
- Practical tools to use at home.
- Time for reflection

Cost:

R 500.00 per person or

R 700.00 per couple.

POWER PLAY

HOCKEY ACADEMY

JADE MAYNE

HOCKEY FUN AND SKILLS DEVELOPMENT

Saturday mornings
on the astro @ somerset house

JP SESSION (GR 1-3) 08H30 - 09H15
SP SESSION (GR 4-7) 09H30 - 10H30

R1000 per term or R150 per session

Email: jade_mayne@hotmail.com

Mobile: 073 505 9690



To sign up and for more details, use the google link below:

<https://docs.google.com/forms/d/1Oio9085Qe3sr9KHZAjjeHg1bpN8lVVkJj1skCqps02k/edit>

CHESS

ACADEMY

SOMERSET HOUSE
SENIOR PREP
KNOWLEDGE CENTRE

GRADE 4 - 7: 09:30 - 10:30
GRADE 1 - 3: 10:45 - 11:45

R800 PER TERM
MINIMUM 8 SESSIONS
Can be paid in two
instalments

Booking link:
[CHESS ACADEMY](#)



AIDAN DU TOIT

066 235 7424



Bank details
J.E.Degenaar
Capitec bank
Acc: 2264268537

Swimming with Jean (Not Learn to Swim)

TERM 1 - 2025

(15 Jan - 11 March)

Tuesday and Wednesday

gr 2/3 16:00 - 16:30

gr 4/5 - 16:30 - 17:00

gr 6/7 - 17:00 - 17:45

Thursdays

gr 2/3 16:30 - 17:00

gr 4/5 - 17:00 - 17:30

gr 6/7 - 17:30 - 18:00

FEES R 500

Contact Jean to book

072 778 1690

ZTA OFFERING PRIVATE TENNIS COACHING AT SOMERSET HOUSE

ZONE TENNIS ACADEMY OFFER PROFESSIONAL TENNIS COACHING IN THE HELDERBERG AREA. WE OFFER A HOLISTIC TENNIS EXPERIENCE FOR BEGINNER PLAYERS TO PLAYERS COMPETING AT AN INTERNATIONAL LEVEL. ZTA WILL OFFER PRIVATE COACHING AT SOMERSET HOUSE ON FRIDAYS

FRIDAY TIME SLOTS

GRADE	TIME	NORMAL PRICE (Per term)	*DISCOUNTED PRICE	PLAYERS
R - 2	To be announce	R1200	R960	4-8 PLAYERS
3 - 4	To be announced	R1200	R960	4-8 PLAYERS
5 - 7	To be announced	R1320	R1056	6-12 PLAYERS

*AS AN OPENING SPECIAL, WE OFFER SOMERSET HOUSE PLAYERS 20% DISCOUNT ON OUR NORMAL PRICES (GROUP LESSONS ONLY)

To enroll your child, please contact Nelius on 0820757663 or info@zonetennis.co.za. Spots are limited