



Brent Holmes

Brent is Head Coach and owner of Neptune Aquatics he also owns and manages swim schools in Bloemfontein and Cape Town. SSA qualified Learn to swim instructor, Swimming Coach and teaching facilitator as well as ACSA Level 5 International age group certified swimming coach.

In addition to Brent's swim schools and swimming club, he is Head development and performance coach of the very successful junior and senior swimming programs at Oranje girls school in Bloemfontein and manages the Curro Independent School program in Century City, Cape Town.

Brent runs a very successful swimming and Multi sport programs which includes Open Water, Triathlon and Biathlon and has athletes competing at all levels including national and international representation in all training disciplines. Oranje have also excelled winning the prestigious National all girls' aquatics festival twice in the last 4 years and the Free State high inter schools every year since 2014.

Brent is able to assist with all aspects of age group coaching planning and programs as well setting up and managing your school, swim school and swimming club programs.