



DATES TO REMEMBER

- Safety Week

Mon 22 Jun to
Sat 27 June

PJs in water

- Term End Sat
27 June

- Holiday In-
tensive Pro-
gram: 1 week 29
Jun to Fri 3 Jul

- Term 3 Start
Mon 13 Jul

- Term 3 Fees
Due Sat 25 Jul

If you are NOT returning for swimming in Term 3 then please let us know. We have an extensive waiting list.

Please be advised that if you do take your child out, we cannot guarantee you will get back in.

If you are continuing to swim then we shall see you on the same day and time as you are now enrolled.

If you wish to change your day and time then please speak with reception.

In the Swim...

VOLUME 6: ISSUE 2

JUNE 2015

DO YOU CHECK IN WITH RECEPTION EACH WEEK?? Please let us know at RECEPTION that you are here for swimming; give us a wave; yell out hoy; whatever the greeting.

SAFETY WEEK: WINTER WONDERLAND . . .

During our final week of term starting on Monday 22 June, we shall conduct SAFETY Week amongst a Winter Wonderland. We ask that all children of every age wear pyjamas in the water. This is so children learn to understand the heaviness of clothing and the drag created when wet. No goggles in the water please so children can learn to swim without eye protection.

COLOURING IN:

Be sure to take a colouring-in picture or two. Do your best effort and we shall place it on our wall for all to see. We will truly create a Winter Wonderland together.



WINTER WATER HAZARDS...

Buckets (catching rain water), Wheelbarrows, Eskies, Birdbaths, Pet Bowls, Post Holes or other site works, Backyard Ponds. Be sure to empty such containers after any rainfall. Also be very aware of creeks, dams, open drains and pools that have filled with the wet weather and may be running more quickly and deeper than previously known.

KEEP SWIMMING DURING WINTER>>>>

‘Go ahead kids, jump on in, you’ll be right!’

It sounds like a pretty harmless statement, but what if after they’ve jumped, they weren’t ok, floundered and simply couldn’t swim?

Although the weather is warming up, and the water is once again extra inviting, there are precautions we must all consider before making that seasonal leap back into the big blue.

“No matter a child’s swimming ability, any time spent away from the water – especially over the cooler months - can affect their capacity to stay afloat, swim and survive, when it comes time to dive back in for the first time,” said Swim Australia CEO, Ross Gage.

“If your child - regardless of their age - didn’t swim during winter, then there’s a good chance they will have lost their touch for the water; you simply can’t ever assume, or become complacent, when children and water are combined,” Mr Gage confirmed.

Swimming pro, and recent Commonwealth Games World Record holder and gold medallist, Emma McKeon, agrees.

“Swimming is an acquired skill and takes time to perfect,” said Miss McKeon.

“When I get back into the pool, even after a week’s break, I definitely feel strange, less coordinated and certainly less confident. If you’re a kid, an adult, a casual swimmer or an elite athlete, you can lose your touch when you’re absent from the water, so maintaining swimming lessons all year round, is the best way to stay safer, get ready for Spring and Summer, and enjoy the benefits swimming can bring,” she said.



Please consider the safety of ALL children when parking on the road or in our carpark. Be sure to **SLOW DOWN** and observe. Also teach your children safety whilst crossing the road, walking along the driveway, and exiting the building.

DO NOT GET IN THE POOL BEFORE YOUR INSTRUCTOR ASKS YOU TO. Your child is NOT supervised outside of their lesson. They are NOT permitted to enter the water until the instructor says they can. This means no dipping in and out or getting in. We do NOT have a lifeguard on pool deck to supervise and the instructors are teaching their lessons. Some parents are distracted in conversation or on their phone and are not actively supervising their child either. Please ask your child to sit and wait with you until it is time for their lesson. Your cooperation is most appreciated for your child's safety.

Keeping Warm in Winter...brrrrr

We appreciate that the weather has been very cold particularly our mornings with some subzero starts. It is a challenge for everyone to get warm and stay warm. We try our best here in our 'tin shed' to provide heating in the change rooms and reception. Sometimes this may be enough to take the chill out of the air, other days it will warm up nicely. The pool continues to be heated to 32 degrees. So it is still warm in the water. The air on pool deck is obviously not as warm due to the outside temperature being so cold. However it is still a reasonable warmth. To assist you in keeping as warm as possible during the winter swimming months we suggest the following:

- Use a silicone or neoprene cap in the water to slow the loss of body heat.
- Keep moving in the water. If you need to stand still for a short time at least do some squats to keep moving.
- Bring two towels—one to wrap your child in whilst moving from pool deck to change room; and one to dry off your child.
- Warm clothing—particularly undergarments like singlets and socks. Such clothing helps to lock the warm air in close to the body. Young children tend to lose most of their heat through their head so a beanie is great for after swimming.
- We provide a hairdryer in the female change room for your use. Please feel free to dry your child's hair. You are also welcome to bring your own to use.
- Please keep the door closed to the change rooms to retain the warm air.
- When using the showers please quickly rinse off and then move to the change rooms to get dried and dressed. The change room is warmer and we don't want people waiting too long for a shower. Please consider the wellbeing of everyone.
- When heading home or out after your lesson try having a nice hot drink or cup of soup to start warming up from the inside out.
- Exercise is also a great way to warm up after swimming so a trip to the park may be a fun way for the kids to bring their core temperature up again. Don't forget adults can also have a play at the park to warm up.

ILLNESSES:

We thank you all for not using our facilities when you are feeling unwell. This is for the benefit of all users; the ill child/parent, children, parents and instructors. We do not want the ill person feeling any worse than they need to and we appreciate not passing on the illness to other pool users. If your child is unwell or just recovering then they will not get the full benefits of a lesson nor will they enjoy the lesson. Please stay at home where the appropriate nurturing and care may be applied.

We particularly note that if you or your child has had diarrhoea or vomiting then you are NOT to use the pool for a full 48 hours after the last symptoms have ended. Thank you for your cooperation.

Do you know...

Swimming Caps...are to be worn by all children 3 years and over. This will keep any hair out of their eyes so they may concentrate better. More importantly it assists our filtration system to keep hair out of the pool thus maintaining a high water quality.



Checking in...all children MUST have their name checked off at reception before swimming please. This allows us to track attendances and make up lessons as well as providing an accurate list of who is on the premises in case of an emergency. We have a sign on the front door and also at the bottom of the ramp requesting this.



Rostered Staff...we have a board in the front foyer advising who is rostered on for the shift. If your regular instructor's name is not on the board then please ask reception who your child shall be with. If your child is doing a make up lesson then please ask reception who their instructor shall be. This alleviates any guess work or searching for the right class when on pool deck.



Please read the whiteboard in the reception area when you come in...



EMAIL:

Do you receive our emailed newsletter once a term?? Do you receive our invoice at the commencement of each term?? If not, then please supply us with your email address. We either don't have it, it has not been updated or we have an incorrect email address. Please phone reception 60 400 400 or email us janine@gouldswimacademy.com.au. This is the most convenient communication tool we have to reach the majority of our customers. Your cooperation in supplying your email address is most appreciated.

HEALTH FUNDS:

Yes, some Health Funds will cover swimming lessons. Please check with your fund. Some funds require a health plan from your doctor for illnesses such as asthma. Some will only let you claim after the term has been completed. Please speak with your Fund regarding swimming lessons and if you can claim and how. We are happy to supply a receipt with all the required information. Feel free to request receipts for any past terms.

EATING BEFORE SWIMMING....

Please be mindful of what and how much your child eats in the hour before swimming. A light snack is okay and we suggest you bring a light snack for after the lesson. A full tummy, movement in the pool and swallowing water do not mix too well. Please keep the larger meals for after swimming lessons.

CPR AND FIRST AID>>>

Do you know what to do in a medical emergency?? All families should have at least one member that is able to perform CPR and that has First Aid qualifications. Be sure to have your qualifications up to date. It may just save a life!





FAREWELL BETH...

Beth has come to the end of her uni studies and is ready to move into a teaching role in our local community. So instead of seeing her here at GSA you may see her in the school grounds. We wish Beth all the best for her teaching career and the future ahead. We thank Beth for her three years at GSA and her care and energy that she gave to each class. Please feel free to thank Beth as you come in this week.



We also farewell Tim who has assisted us for the past two terms. It is always invaluable to have a male on the team however we are losing Tim so he may pursue an apprenticeship. We wish him well in his future and thank him for his support.

We welcome Renee, Jane, Katharine and Eloise to the team. All girls have a swimming background and are enthusiastic to be working with your children. We look forward to spending time with the girls and watching them develop as outstanding instructors.

Farewell to Ashleigh who is doing two terms of uni placement. Ashleigh has worked on Thursdays for us since May 2013. We wish Ashleigh well as she works in Wagga and Wollongong. Thank you for being a part of our team Ashleigh.

Our Make-Up Lesson Policy is:

Notice must be given to the Administration staff or a message left on the answering machine at least two (2) hours prior to the lesson. If notice is received as such then a Make-Up lesson shall be granted.

- # A Make-Up lesson shall only be given when notice of absence is given 2 hours prior to lesson.
- # No Make-Up lesson shall be granted if notice of absence is given during or after the missed lesson.
- # All Make-Up lessons must be taken within the term. They are not transferable to the following term.
- # We cannot guarantee the same instructor and the day and time shall be determined by availability.
- # If you miss your Make-Up lesson then the lesson is forfeited.
- # Make-Up lessons cannot be used as credits for the next term.
- # Refunds are not given if you are unable to arrange a Make-Up lesson.

STAFF SPOTLIGHT: RACHEL PAULING



We have been fortunate to have Rachel with us since September 2012. She is passionate about working with children so much that she is studying to work in childcare. Rachel teaches swimming to babies right

through to squad levels. She has also coached with a local swim club. Rachel assists with our school programs and also fills in shifts were required. Hailing from New Zealand, Rachel has been active in many water activities including Surf Life Saving, water polo, rowing and Dive Instructing. Rachel currently enjoys braving the early mornings to work on her fitness. Rachel is relaxed with a terrific sense of humour. We are pleased to have Rachel on our team.

STAFF CHANGES—TERM 3:

Due to the departure of Beth, Ashleigh and Tim, the return of Meroula and the commencement of four new staff, there will be some changes to instructors. As we confirm the roster for the term we shall inform you via facebook and email of the specific staff changes. We understand that some children are resistant to change however we encourage you to support your child through such changes. We are not always able to offer you the specific instructor you would like. If you have a particular issue please address it with Kristy or Janine.

We thank you for your patience whilst Meroula had an enforced health rest from her duties this term. We thank our staff who were able to fill in on a regular basis. When a staff member is away for an extended time we do try to have the same instructor filling in to create some consistency for your child.

We are always happy to receive feedback regarding our staff and program so we may continue to improve our operations. Please speak with Kristy or Janine.