



DATES TO REMEMBER

☐ **Safety Week**

**Mon 14 Sept to
Sat 19 Sept**

PJs in water

☐ **Term End Sat
19 Sept**

☐ **Holiday Intensive Program: 1
week Mon 21 to
Fri 25 Sept**

☐ **Term 4 Start
Tue 6 Oct**

☐ **Term 4 Fees
Due Mon 19 Oct**

If you are NOT returning for swimming in Term 4 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 3

SEPTEMBER 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

SAFETY WEEK: . . .

During our final week of term starting on Monday 14 September, we shall conduct SAFETY Week with a BEACH theme. 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.

HOW LONG SHOULD MY CHILD HAVE SWIMMING LESSONS FOR??

This is a question that we quite often get asked. Learning to swim is a long-term process that ideally should be a part of your child's weekly routine. Whilst your child follows our set program, it is important to remember that each child learns at their own pace. Sometimes they will appear to stagnate, even regress, until suddenly it all comes together for them. This is normal progress. Please practice patience and encourage your child to do their best. Consistency in attendance also supports your child's progress.

We have found that most children who have swam with GSA consistently from a baby tend to be at squad level around 6-7 years of age. Irrespective of whether or not your child wishes to swim competitively, most do wish to participate in their school carnivals and to be competent swimmers in front of their peers. During school years children are often invited to friends' pool parties. The ability to enjoy the water with confidence allows your child to actively have fun at the party and you get to have peace of mind.

As the teenage years advance, your child will want to spend summer days at the river or weir with their friends. Being a strong swimmer and having respect for the water will allow them to enjoy themselves. Your child can also actively participate in water based activities like fishing, canoeing, water skiing and water polo. Whilst your child is having the time of their life, you have peace of mind. No child or adult is drown-proof however swimming lessons certainly place your child at an advantage.

So the question is not how long, but how strong a swimmer do I want my child to be??



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.

Schools: During Term 3 and Term 4 we have a number of local schools who come in for their annual learn to swim program. We have already hosted Rand and Walbundrie Public Schools and welcome Trinity Anglican College later this week. Next term we shall host Table Top, Burumbuttock and Bethanga Public Schools, whilst we send a couple of instructors to assist St Mary Mackillop College at the Jindera pool. The schools come in between 12 noon and 3pm for either a week or two. This makes for a very busy term for our staff. We thank our GSA staff for extending the wonderful work they do and reaching many more students through the schools.

SUMMER SWIMMING: Do you have a pool at home?? Now is the time to be preparing it for the Summer swimming season. Be sure to have the water quality checked by a professional who can inform you what needs to be done to make it safe. Importantly make sure you check the safety of all pool equipment, fencing and that the gate is self-locking. Ensure that all is in good order and ready for use. Clear any items from around the fencing so that no child is able to climb over or open the gate. Put any pool toys out of sight so children are not tempted to get into the pool area. Always supervise your child in and around the pool area. It is also a good idea to renew your CPR skills or indeed get your certificate if you haven't. Safety should always be your first priority. You are also legally obligated to register your home pool with Albury City Council. If you haven't then please follow the link www.alburycity.nsw.gov.au/building-and-planning/swimming-pools for further information. There is a cost involved but also a heavier fine if you don't comply.



Albury Swim Club: Parent Information Night is to be held at GSA on Wednesday 16th September at 7pm. This is for anyone interested in learning more about how the squads work, your obligations, meeting the coaches and whether or not your child is ready. Any child presently swimming in Dolphin or Sharks level with us is capable of joining a swim club. There is no obligation to join if you attend the Information Night. It is merely to enquire further and to give you a better understanding of what Swim Club is all about.

Contacts for local swimming clubs:

Albury Swim Club-Coach Wayne Gould 0410 588 379

wwjagoulds@bigpond.com

North Albury Lavington Swim Club-Leon Howard 0439 757 616

leontoshiba@yahoo.com.au

Do you know...

Public Pools...are due to open shortly. Albury will open in time for the school holidays on Monday 21st September whilst North Albury opens after the long weekend on Tuesday 6th October. Both pools are heated to 26 degrees so will be fine for a Spring dip.

Checking in...Please have your name marked off when you come into swimming lessons. There are still a few parents who walk straight through without speaking or waving to reception.

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.

Lunchtime swimming...We have our pool open and available to anyone requiring rehabilitation or wishing to do gentle exercise each Monday, Wednesday and Friday between 12.30 and 2.00pm. We do not facilitate any classes however you are welcome to use our equipment. The times do vary throughout the terms and holidays

due to commitments with lessons. A note is always available to advise of such changes. The cost is \$3.50 or \$3 if a pensioner or senior card holder. Our pool is heated to 32 degrees year round so is ideal for recuperating from operations, injuries etc.



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.

ILLNESSES: We appreciate you keeping your child OUT of the water when they are unwell. It is best to protect other swimmers, our instructors and of course your child. A child who is feeling out of sorts will not participate as well as they would when they are feeling healthy therefore not getting the full benefit of their lesson. So if in doubt, please keep them out.

If you or your child is ill then please phone in your absence so we may arrange a **make up lesson** for you. Make up lessons are to be taken in the same term as the absence. If there are extenuating circumstances for several absences then please speak with Janine. Your cooperation is most appreciated.

Term 4: Staff Changes

Welcome back...Kelly Matthews and Taegan Moores.

Both ladies have previously been a part of our team and are now returning after starting families. Kelly has two delightful children, Mackenzy and Spence. Taegan has little Lincoln. Kelly shall be instructing on Monday afternoons in place of Sabrina and Saturday mornings in place of Emily. Taegan will be instructing on Tuesday afternoons in place of Kristy and Wednesday mornings in place of Tammy. We look forward to having both ladies back in the pool.

Don't forget we welcome your feedback. If you have a concern, issue or indeed a compliment then please feel free to speak with Janine or Kristy or drop us an email janine@gouldswimacademy.com.au.



Farewell to Emily (Saturdays) who has been with us since September 2014. Emily is moving on to greener pastures after her uni course. She has been a gentle and caring instructor encouraging children to love the water as she does. We wish Em well in the next chapter of her life and thank her for being a part of our team.

Part way through this term we farewelled Sabrina as she headed home from uni to spend more time with her family. We wish her all the very best. Unfortunately Meroula has had to delay her return to us but we wish her well and hope to see her in the near future.

Nadine shall be taking Rachel's Friday morning classes. On Thursday afternoons, Brooke shall be taking Nadine's classes and Rachel shall be taking Jane's classes.

Thanks team for a tremendous effort!!

STAFF SPOTLIGHT: ALISHA STEAD

We have had the pleasure of Alisha being a part of our team since January 2013. She brings great enthusiasm and energy to her lessons. Alisha enjoys their lessons as well as gaining understanding the importance of children also knows the peace of mind that water. Alisha is AUSTSWIM qualified school aged children. She particularly enjoys keeping fit and maintaining spending time with her family and the



is meticulous with detail and ensures her students great skill. She is the mum of three children and children gaining the vital life skill of swimming. She comes with knowing your child is capable in the to teach infants, toddlers, preschoolers and finds instructing the squads very rewarding. Alisha a balanced and healthy lifestyle. She enjoys odd girls' night out.

We thank Alisha for being a part of our team and we look forward to her being with us for a long time yet.

TEN YEARS SERVICE...

ANNETTE BICSAK

Congratulations to Annette who has officially been an AUSTSWIM qualified instructor for 10 years!! This is a wonderful achievement in this industry. We are very proud to say that Annette has been with us since our beginning in February 2010. Prior to that she was working at another local swim school. Many of her families then followed Annette to us as she was held in such high esteem. She is an incredible teacher and is in high demand. Annette enjoys her work and this shows with the rapport she has with the children. She is very capable in reading children and is able to teach to their needs. We value Annette's contribution as a team leader and her ability to pass her experience and knowledge onto other team members. She is always looking for a chance to laugh and brings great strength and positivity to GSA. We are very proud to have you as part of our team Annette and look forward to many more years together.

