



In the Swim...

VOLUME 7: ISSUE 2

JUNE 2016

DATES TO REMEMBER

☐ Term End
Sat 2nd July

☐ Holiday Intensive Program: 1 week
Mon 4th to Fri 8th July

☐ Term 3 Start
Mon 18th July

☐ Term Fees Due Sat 30th July

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.

MON 8th TO SAT 13th AUG GOULD MINI-OLYMPICS



To celebrate the Rio Olympics we shall be conducting our very own mini-Olympics. We have previously done this with great success. This shall coincide with one week of the real and actual Rio Games. We shall be holding our Olympics during Week 4, starting Monday 8th August and concluding on Saturday 13th August. We will not have our Safety Week in Term 3.

Morning classes shall continue as usual with participation in 'events stations' throughout the half hour lesson. Afternoon classes shall be conducted according to the Events Schedule that shall be posted on the wall. We will not follow the usual class times. There shall be NO baby/parent classes in the afternoons/evenings—please arrange a make-up lesson with reception.

If you do not wish to participate please let reception know and we are happy to arrange a makeup lesson for you. The mini Olympics is designed to be a fun event with all participants recognised for their endeavours.

The Rio Olympics is the world's pinnacle sporting event involving elite athletes from all over the globe. This event starts on 5th August and concludes on the 21st August. We encourage you to follow the coverage and speak to your child/ren about being active and the benefits of sport.



5th August—21st August

Rio de Janeiro 2016





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

Neighbourly love ...

Please do **NOT** park in or across the driveway of any neighbouring properties. Do **NOT** park on property belonging to any neighbouring businesses. We get along very well with our neighbours and we wish this to continue. We must allow our neighbours to carry out their work uninhibited by our customers.

CARPARK; We have a carpark out the back for your use. If this is full and you need to park on the road side then please do so carefully. We thank you for your cooperation.



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. 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.

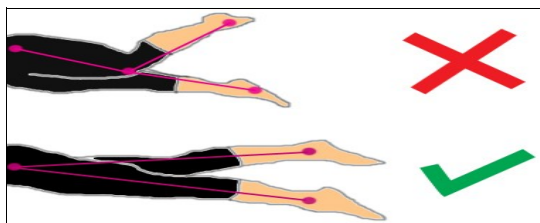


Kicking, Kicking, Kicking

Kicking is an important part of all our 4 swimming strokes. It helps our body position in the water better and therefore makes the overall stroke more efficient.

Kristy will be running kicking classes over three days in the holidays for children whom their instructors believe need that little extra help.

The classes will be focused purely just on kicking. Kristy will do drills with the children to build up the strength in their legs and to refine their kicking technique.



WINTER WONDERLAND 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.



Food and Swimming:

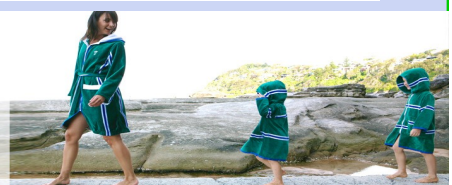
To reduce the chance of your child vomiting in or around the pool we suggest that they do not eat at least an hour before their swimming class. Little ones tend to take in the pool water and this, as well as movement in the water, often results in them vomiting. Depending on the compilation of the vomit, we may be required to close our pool for cleaning. This impacts other customers who are due to swim that day.

Please feel free to pack some snacks or a sandwich for your child to enjoy once they have finished their swimming lesson.



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Have a look at either of these websites and see what is on offer to assist your child to stay warm after swimming.



Back Float Song

*Twinkle twinkle little toes,
This is how my back float goes,
Ears in the water, belly's up high,
Watching the big birds flying by,
Twinkle twinkle little toes,
This is how my back float goes.*



TADPOLE LEVEL SWIMMING LESSON SONGS

Swimming Arms Song

*This is the way we splash our hands,
splash our hands, splash our hands.
This is the way we splash our hands,
In the swimming pool.*



STAFF SPOTLIGHT: NATALIE KNIGHT

Natalie joined us in October 2015 as a swim instructor however has been a part of GSA for many years as a mum of four beautiful girls who all enjoy swimming lessons with us. This is an advantage to Nat as she understands your perspective very well when she is teaching your child. Nat is also very involved in the fitness industry and supports mothers in particular in returning to fitness and enjoying the journey with their little ones. Camping is a family favourite activity that is enjoyed as a relaxing getaway. Nat is a very caring, warm and generous person and this is reflected in her girls and her teaching style. We are very proud to have Nat as part of our team here at GSA and look forward to working with her for many years to come.



SAFETY WEEK: WINTER WONDERLAND . . . During our final week of term starting on Monday 27th 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.

