



In the Swim...

VOLUME 8: ISSUE 1

MARCH 2017

DATES TO REMEMBER

☐ Term End
Sat 8th April

☐ Holiday Intensive Program: 4 days
Mon 10th to Thu 13th April
has limited vacancies.

☐ Term 2 Start
WED 26th April

☐ Term 2 Fees Due Wed 10th

If you are NOT returning for swimming in Term 2 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.

WHAT DO WE DO IF THERE IS AN EMERGENCY???

In the event of an emergency requiring an evacuation, the following shall occur:

1. A whistle will sound to gain your attention, to alert of an emergency evacuation and to ask that you follow staff instructions.
2. Staff shall call 000.
3. Staff shall get all children and adults out of the water safely.
4. Staff will ask you to leave all belongings where they are and to follow a staff member from the building following the safest route.
5. Staff shall check the toilets, changerooms and playroom for any persons not yet evacuated.
6. The safe assembly point you will meet at is on the corner of Boronia and Nowra Sts at S&E Cabinets.
7. At the assembly point the roll shall be called and you shall not attempt to re-enter the premises nor leave until emergency services have stated you may.

IMPORTANTLY, PLEASE BE CALM AND LISTEN TO INSTRUCTIONS.

Do you have a child not wanting to get in the water??? Our staff are very experienced at supporting you and your child in this situation. We ask you do the following:

- Simply place your child in the water with their instructor;
- Walk away; do not try to placate or encourage your child;
- Acknowledge that your child may cry for a while but trust the instructor to work with your child;
- If you are asked to sit in the reception area for a while, then please do so. In most instances when you are out of sight, we find your child will calm down and participate in the lesson.
- If your child is upset for more than two weeks then we shall speak with you re trying a different approach;
- Whilst we do not wish to see your child upset either, we like to persist in engaging them with the water as we find they generally become calm and comfortable if given the opportunity.

NEW ROLE: TAEKAN MOORES

Starting Term 2 Taegan shall be working as our Training and Development Officer. She will specifically be assessing students during the term, monitoring and recording their progress. Taegan will speak to parents regarding this and is open to you approaching her on pool deck to discuss your child. She will also be working with our instructors in their continued development. Taegan has been a member of our team for six years; is a mum with a bub in the pool; and is a qualified teacher. Her experience, knowledge and friendly manner will enable her to communicate with students, parents and instructors alike. We look forward to Taegan continuing with our team in this new role.





SLOW DOWN on the road; in the driveway; in the carpark. Children obviously frequent our facilities and their safety is paramount. Do not use your mobile phone whilst driving in the vicinity

PARKING:

As you can see, our neighbours have made it very obvious that they do not want you parking in their drive or on their property. This applies to all of our neighbouring businesses. Please respect their space and their right to operate without being impeded by your parking.

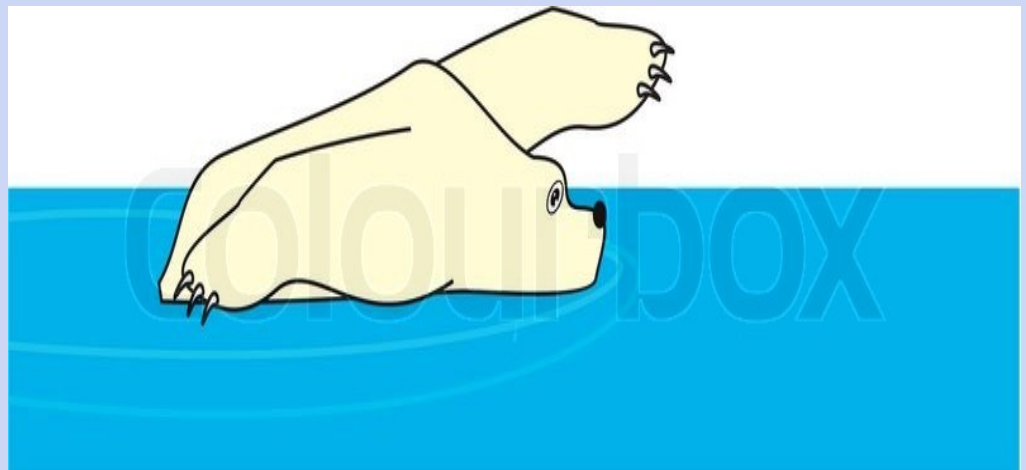
CARPARK;

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.

TERM 2...WINTER IS COMING:::TIPS TO STAY WARM.

We appreciate that the weather will start getting colder during next term. The challenge for everyone will be 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 will continue 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.
- Undress babies in the water so towel absorbs water from skin rather than from swimmers.
- 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.



COMMUNICATION *****

Whiteboard:

Please look at and read the information written on the whiteboard in the reception area when you come in. Too many people walk past without taking any notice. We generally place relevant information and dates on the board so you can keep up to date with what is happening at GSA.

Attendance:

Please COMMUNICATE with reception staff that you have arrived for your lesson. We need to mark the daily attendances to assist with make-up lessons and in case of an emergency. There are numerous signs in our facility reminding you to do this.

Welcome back to Albury North Lavington Swim Club and Albury Swim Club for their winter program. Both clubs use our facilities during Term 2 and 3 outside of our lessons schedule. Please note that GSA does not manage either club, we simply provide the pool for their use. During this term we welcomed the MET School Albury for weekly lessons. They shall continue lessons next term. Term 2 sees us host ASPECT School again for weekly lessons. The school programs allows us to reach children that we perhaps do not during our scheduled term lessons. We appreciate this opportunity as it increases the number of children receiving lessons thus a safer community.

Like us on Facebook to stay up to date with weekly and sometime daily posts. All relevant information and dates are posted here. This is an effective way to communicate with a large number of our families at once.



POOL CLOSURES:

This term we have had to close our pool to lessons on three separate occasions!! This impacts on swimmers in the pool at the time of the incident and then the swimmers who are due to come in after this. Our staff are also impacted with reduced hours, risk of infection and cleaning up.

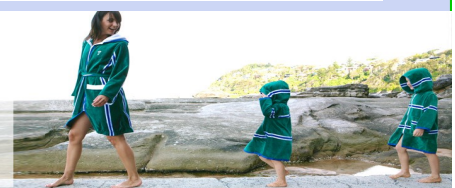
To reduce the possibility of your child either vomiting or defecating in the pool, we ask that you please abide by the following:

1. Do not attend lessons if your child is or has been ill in the past 48 hours.
2. Ensure children under 3 years wear a snug fitting aqua nappy. This also applies for children over 3 years that are not yet toilet trained.
3. Do not feed your child immediately before a lesson. Please make it at least an hour before their lesson and be mindful with what passes their lips. The exercise in the water, warmth of the water and intake of the water all stirs up the contents of their tummy and increases the likelihood of vomiting.



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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: MONICA KOHLHAGEN

Monica is a wonderful member of our team bringing enthusiasm, caring and passion to her role as a swim instructor on Monday and Wednesday mornings. She takes her job very seriously and has great pride in teaching your children the life-skill of swimming. Monica's two children have swam with us and have now both graduated to swim club. Monica is a dedicated mother who will more than likely start clocking up the kilometres with her talented children and their sports involvement. As mum's, it is important to ensure some quality 'me' time, and Monica enjoys working on her fitness and leading a healthy lifestyle. She likes to relax with her family and friends. Here at GSA, we are very proud to have Monica as a part of our valued team and look forward to working with her for some years to come.

SAFETY WEEK: During our final week of term we conduct SAFETY Week. We ask that all children of every age wear pyjamas in the water. This is a novel way to remember to bring clothing for the kids to wear in the water. Children learn to understand the heaviness of clothing and the drag created when wet so if they should ever fall into water they are less likely to panic. No goggles to be worn in the water please so children can learn to swim without eye protection. This is an important opportunity for your child to extend their safety skills and to focus solely on life-saving skills. We do incorporate such skills into our formal lessons however this is a great way to enhance that learning. After all, we all want our children to be safe and competent in the water.



Please do not hesitate in booking a make up lesson during this week as really, what can a second safety week lesson do, but enhance their skills and knowledge should they ever require to use them!!

Yes, most children love this week of swimming and have great fun, but do not underestimate how much they retain from these lessons whilst having fun. We have had many stories from parents where their child has used such skills.