



In the Swim...

VOLUME 8: ISSUE 2

JUNE 2017

DATES TO REMEMBER

Term End
Sat 1st July

Holiday Intensive Program: 5 days
Mon 3rd to 7th July has limited vacancies.

Term 3 Start
Mon 17th July

Term 3 Fees
Due 29th 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.

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.

INCREASE IN FEES:::starting Term 3

1. \$16 per lesson (up \$1.50) = \$160 per 10 week term.
2. \$32 Joining Fee (equivalent to two lessons).
3. \$60 Holding Fee.
4. Discount for third child in family \$16.
5. Discount for fourth child in family \$32.
6. Early Bird Discount per child when fees paid in full by due date remains at \$5.
7. We have not increased our fees for 4.5 years!
8. We remain the cheapest lessons in the Albury/Wodonga region.
9. We remain the BEST lessons in the Albury/Wodonga region.
10. Expenses have, and continue to rise unfortunately. In the past we have been able to absorb such costs but now this is too difficult with further rises.
11. If you have any financial concerns with fees then please speak with Janine sooner rather than later.
12. Payment plans can be established over 10 weeks to assist you in paying your fees. Don't leave it until week 5 or so in a term to discuss. Get in early so we may support you better. Speak with Janine. All payment plans shall be noted on your invoice.
13. Invoices are issued prior to the term commencing as not only is the amount printed but also your lesson day/time and term dates are included.



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.

If your child or you are SICK then please...

1. Stay at home.
2. Phone reception 60400400 to record your absence. Leave a message if phone not answered.
3. Or send an email janine@gouldswimacademy.com.au.
4. We can arrange a make-up lesson anytime during the term.
5. Make-up lessons are not transferred to the following term.
6. If you have an extended period of illness then please speak with Janine.
7. If you or your child have gastro, vomiting or diarrhea then you **MUST NOT** swim for at least 48 hours after the last of your symptoms have finished.
8. If you have cryptosporidium (severe gastro lasting longer than a few days) then you **MUST NOT** swim for at least 2 WEEKS. This is highly contagious and can be life-threatening to those with weakened immune systems.
9. Green mucous is a good indicator of a viral infection. Please do not bring your child in.
10. We do not appreciate children coughing over our instructors or other swimmers. Please stay at home.
11. Do not bring your child to swimming with a rash.
12. If your child or you have an open wound or sores then you must not swim for your protection and others.
13. Practice good hygiene by washing hands thoroughly after using the toilet, handling animals or their manure, changing nappies, working in the garden and before preparing food or drinks.
14. If sick then stay warm, dry, keep the fluids up and seek medical attention.
15. We understand that missing lessons due to illness may be frustrating but the only way to recover is to be patient, reduce activities, rest, follow good hygiene practices and stay at home.
16. We have a responsibility to all our swimmers and staff to minimise the risk of illnesses and infections as much as we can. We will ask you or child to stay out of the pool if we believe you are not fit to swim.
17. Your child will **NOT** enjoy their lesson or gain any benefit from it if they are unwell and not feeling like their usual happy self. Do not push them into participating.
18. Your cooperation is most appreciated by all staff and families using our facilities.
19. We wish you all good health and a speedy recovery if you do become sick.



COMMUNICATION *****

[Do you read our Whiteboard???](#)

[Have you liked us on Facebook???](#)

[Do you have your attendance marked off each week???](#)

The most frustrating aspect of our work is communication! We make every effort to keep families informed however it only works if you read our notices and signs. Please take the time to do so.

The whiteboard in reception is generally updated each week or fortnight. We write relevant information and dates on the board.

Facebook is updated on a weekly, sometimes daily, basis with relevant information.

Let us know when you have arrived for your lesson as daily attendances are recorded at reception.

School Programs:

This term we have had MET School and ASPECT School participate in the program once a week. Next term we shall welcome St Patrick’s Catholic School, Walla Walla Public School and Trinity Anglican College for their programs in weekly blocks.

Some students swim with us on a regular basis or are past students however we are also able to capture many who do not have regular lessons. This is vitally important to be able to reach such students and provide them with valuable life-skills and the water confidence to enjoy water activities throughout their lives.

We look forward to seeing some familiar faces and to meeting many new ones.

Stock available:

- Lycra swim caps = \$10
- Silicone swim caps = \$15
- Goggles = \$15 to \$20
- Ear Bands = \$12
- Ear Plugs = \$8
- Reusable nappies = \$15
- Disposable nappies = \$2



Does your child suffer from ear infections?

- Please seek medical attention.
- Protect your child’s ears when swimming by applying the following:
 1. Ear plugs or putty or even blu tack;
 2. Place ear band over the top;
 3. Use silicone swim cap over the top again;
 4. Apply ear drops after swimming to absorb any water.
- The above can be used when in the bath and enjoying other water activities.



PLEASE SHUT THE DOOR...THE HEATER IS ON!!!

Both change rooms have heaters working however it is difficult to maintain the warmth when the door is left open.

SHUT THE DOOR...

HOLIDAY INTENSIVE PROGRAM

- 2 Children per class
- 30 minute lesson
- One lesson per day for a week
- Cost is \$105 per child
- We keep a contact list for future holidays if you are interested in being added.
- Each holidays we do one of the two week period.
- The intensive lessons provide greater time with an instructor.
- Kids can work on skills that they need to.
- Improvement is very obvious.

GENTLE EXERCISE & REHABILITATION

- a. Monday, Wednesday, Friday
- b. 12 noon to 2pm
- c. Water heated to 32 degrees
- d. Cost \$3.50 or \$3 senior/pensioner
- e. Equipment available such as noodles, kickboards
- f. No facilitation of classes, just pool space available
- g. This is NOT lap swimming
- h. Great exercise to assist with pre or post operation
- i. Easy on the joints and non weight bearing
- j. Open to all adult ages
- k. Not applicable to children
- l. Just come in during the stipulated hours, no need to book.

STAFF SPOTLIGHT: THE TEAM

We are extremely proud of our diligent, caring and hardworking team. All members look forward to meeting your children each week and actively working with them to learn life-saving skills and swimming strokes. Each instructor looks to create a comfortable and fun environment for your child to learn. They invest time and energy into recognising appropriate communication keys best suited to each child and integrating that into the class time. Whilst following our GSA program they understand that each child is unique and may respond and react differently. The aim is to teach your child as best they can by working with your child. We appreciate every effort they contribute to the success of our program.

We welcome feedback at all times regarding our instructors and their teaching. Please do not hesitate to speak with us if you have a concern or complaint so we may address this appropriately and timely. We also love to hear positive feedback and what you appreciate!

SAFETY WEEK: Mon 26th June to Sat 1st July: During our final week of term we conduct SAFETY Week. We ask that all children of every age wear WINTER 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.