

Term 4, 2011

Issue 1



SWIM CENTRAL
New Town

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How Can We Help?

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ADVICE FOR PARENTS

Be early to class to avoid your child fretting because of late arrival.

Remember to bring Goggles and Caps to each lesson so your child will not have to borrow or go without.

Relax— grab a Cappuccino from Reception, just sit back and enjoy the show.

I get a lot of letters from schools asking for donations of prizes for fairs, raffles and auctions. I usually say yes – especially if I am approached personally by a representative from the school and particularly if we have children enrolled in classes from that school. I like to support our local schools as they often support us by advertising our centre in their school newsletters.

If your school has a fair coming up and you'd like us to help out, or even advertise the fair on our notice board, please let us know.

And you can help too ...

By letting us know if your child is going to be away from a class, or if you need to cancel your lessons for a particular reason. Also, although we ask for a deposit at time of booking, many people neglect to pay one and if the class is full, other children are placed on a waitlist. If you don't pay the deposit you jeopardise your child's spot in the class. Sometimes children just don't turn up to their first class and when we call and check we are told the booking is to be cancelled. This means that the children on the waitlist have missed out on that valuable first lesson. Obviously this is not fair for the families waitlisted or for us. It makes organising classes and waitlists very difficult.

Bookings for classes cancelled with **less than 7 days notice** before commencement attract a \$20.00 Cancellation Fee. This fee is only charged if we are not able to immediately fill the space in the class from the waitlist – i.e. without a class being missed.

Bookings are now open for the Super Session, which runs for Four Weeks, from Monday 14th November. This is a great short "term" that is ideal for children "going up a level", needing to brush up on their skills before Summer or for those new to the centre.

Cheers, Jodi & Lindsay



AQUAROBICS CLASSES

Monday 12 noon
Tuesday 7pm
Wednesday 9am
Thursday 9.30am

Each class goes for an hour, costs \$8.00 and includes a spa or short swim time at the conclusion of the workout.

(Some daytime classes may be cancelled due to School Bookings or School Holidays. Please call first to check!) \$1 discount for Seniors Card, Uni ID, Foster Carers and Advantage Card Holders.



Things to Remember!

One of Clare's many jobs here at the Centre is reminding people - to hand in passports, to pay fees, to always check in at the desk. Here are another couple of things to remember!

PARKING

The roadside parking area outside the Pirate Shop, Clock Shop and Restaurant is strictly limited to 15 and 30 minutes. Unrestricted parking is available in Cross St (30m away) and down in Valentine St (across the road). If you do park in our driveway or block someone in, please leave your keys at the front desk to allow us to move the vehicle if required.

CHILDREN IN THE CENTRE

Unless your child is in the pool and under instruction, you are responsible for their behaviour and safety. Please don't let your children play with the toys and equipment on the side of the pool, nor climb on the spa cover or wooden decking. If they slip into the pool or fall and injure themselves, the fault will lie with you. Noisy children running around between pools are a distraction for those in lessons. Out in the shop area, we have toys for toddlers and a television with video game capability, however, children under the age of 10 must be accompanied by an adult in this area at all times.

ABSENCES

If your child is going to miss any classes, please try to let us know in advance – as this helps with planning for catch-up lesson. If they are sick and you advise us before the class is missed, you will be offered a catch-up class within the term. Our policy does not offer catch-up classes if you just forgot, are away or at a party. If your child misses three or more lessons in a row due to illness, a medical certificate or note from the doctor will allow us to give you a credit for the missed classes.

PS ... PASSPORTS!!!

CHANGING ROOMS!

The **Girls Change Room (PINK DOOR)** - Girls & Mums only (NO BOYS ALLOWED—unless using toilet facilities and then pre-school age only!) Room has Toilet, Shower and Nappy Disposal.

The **Boys Change Room (BLUE DOOR)** - Boys, Dads with babies —this change area includes an annex for Dads with young children who need help to dress. Contains Toilet, Urinal, Shower, Playpen, Change Table and Nappy Disposal. NO MUMS ALLOWED.

The **Mums & Kids Change Room (GREEN DOOR)** - Mums with kids who need assistance with dressing. Room has change-tables, playpen, nappy disposal & shower but no toilet facilities).



WELCOME TO JENNY HARMAN

Tuesdays, Wednesdays & Saturdays

Jenny is one of our "Mums", with a background in Competitive Swimming and Underwater Hockey, who has decided to pass on her passion for all things aquatic by working as a Swimming Instructor. She has taken to teaching like a duck to water and with the full blessing of her three kids and husband. We are fortunate and grateful to have someone with Jenny's experience and enthusiasm, join our team.

IMPORTANT DATES

Term 4, 2011 (8 wks)	19 th September
Super Session (4wks)	14 th November
CHRISTMAS PARTY	27 th November

CLOSED FOR CHRISTMAS

18 December – 8 January (inclusive)

School Holiday (M-F 1 or 2 wks)	16 & 23 January
Term 1, 2012 (7 wks)	Wed 15 th Feb

The Swimming Teacher's Prayer



God give me the wit to hold the peace

With the interfering Mum,
Who, behind my back, will try to teach her nervous, learner son;

"Keep your head up darling - it'll hurt your eyes. And don't swallow that dirty water"

"HEAD DOWN LIAM, BLOW BUBBLES PLEASE"
(While I deal with your Mum like I oughter).

God give me the grace to smile at the child
Who whinges aloud, "I can't"
And keep my hand from boxing the ear
Of the other who shouts "I shan't".

Help me dear Lord, to cope with the kid
Who thinks he knows it all.
And the Jack-In-A-Box who jumps up and down
And the one who won't leave the wall.
To encourage the girl with the rubbery legs
That continually fly east and west.
And the spluttering Joe swallowing half the pool
The poor devil's doing his best.

Just give me a helping hand oh Lord
Don't make them all champions yet
Between you and me, I'm glad of their faults
They'll keep me quite busy, you bet!

AMEN

p.s. For those parents who are new to swimming lessons and unsure of "Lesson Etiquette", please ask for a copy of our "Parent's Guide to Swimming Lessons" to help you on your way.



PRACTICE MAKES PERFECT?

Often Instructors suggest you practise at home with your child, or even set them "homework". Practising new skills will always lead to success, but only if the skill-practice is done properly. Make sure you listen to the instructions and if you are unsure, ask your Instructor for more information.

Simply going to the pool between lessons can be the most valuable and fun thing to do. Don't come the "heavy" and insist they work, work, work. A few minutes of "serious" stuff is all they need. The playtime is just as valuable and always a learning experience.

Enrolled students at our Swim School get \$1 off entry for all swims. (That's a very affordable \$3 for 1/2 an hour or \$4 for an hour.)

BATHER CARE

Lots of people share the same complaints about their bathers – "they faded", "they stretched", "they went baggy and loose". These are common side-effects of swimming in chlorinated water in Lycra bathers. Lycra bathers are most commonly bought from Kmart, Target and other chain stores and tend to be cheap and cheerful! You can minimize the effects of the chlorine on the Lycra by taking these simple steps when you finish your swim.

Remove your bathers while still wet and immediately rinse them in luke warm water. (If you leave you bathers on, acid droplets form on the elastine and within a short time the acid eats it way through the rubber causing the "baggy bathers" syndrome.)

Never hang your bathers out to dry in direct sunlight. They will fade! (Instead roll them in a towel and squeeze all the excess water from the suit and then hang inside or in the shade.)

Warm pools are not kind to Lycra swimwear. Spas are deadly. Consider purchasing Chlorine Resistant or Polyester bathers. They do not cost anymore and will outlast any Lycra bathers every time.

We have a HUGE range of Chlorine resistant bathers in stock. Prices are very reasonable. If you need some new swimwear, check out our stock before you look elsewhere.

PHOTO DISKS

Children enrolled in Water Babies and Water Prep classes will have the opportunity to have photos and movies taken during term. These digital files will then be put on a CD for you to keep. Ideally, take the CD home and copy the files to your computer. If you only ever read them off the disk, over time and with use, the disk may become corrupted or damaged and you will lose the photos.

Think of the disks as a shopping bag enabling you to take your photos home to enjoy on your computer. Make sure you “unpack” them and keep the disk in a safe place so that you can return it to collect the next round of photos from the following term.

We take photos over a two week period. If your child is absent for both of these weeks, please understand that we will not be able to take photos of your child for this term.

UPDATE YOUR DETAILS

Have you moved house recently?

Changed your phone numbers?

Got a new mobile?

Got a new Email address?

Have you updated your details with the staff at the front desk? If not, then you may miss out on phone calls and even special offers from our centre.

Keep up to date and stay in touch!

BOOKINGS

It is important to keep on top of bookings for your children at Swim Central, to avoid missing out on the class and time you want and to ensure you book your child into the correct level.

Bookings for the following term for current term swimmers open the second week of term. (In English—if you are booked in this term, you can book now for the next term!) People not booked in this current term, must wait until the third week of term to book in. Other booking dates are as specified below.

Super Session

BOOK NOW

A 4-week term from Mid Nov to Mid Dec

January Holiday Program

BOOK NOW

5 consecutive days of lessons for \$50 or ten lessons for just \$90. Ask for details.

Term 1, 2012

BOOKINGS OPEN 17 Oct

Before making a booking for the next term you must do the following:

- 1) **Finalise all outstanding payments**
- 2) **Ask the Instructor what level to book your child into**
- 3) **Book in at the front desk and pay a \$20 deposit for each child's booking.**
- 4) **Either ask for a print out of the booking or ask for a copy of it to be emailed to you.**

Can't do it all

I apologise in advance, because I am not inexhaustible, I don't have endless hours in the day and I can't do it all. I have trained other staff to take over some of my classes because the toll of working in the pool 6 days a week does wear you down after a while. These people I have trained are people whom I trust implicitly to care for your child and nurture them as they learn to swim. I have been fussy and picky and not just anyone can teach at my centre, so please keep this in mind when you ask for me specifically. I just can't do it all.

Jodi