



Paul Sadler Swimland

PAUL SADLER SWIMLAND ESSENDON NEWSLETTER

- EDITION 6: TERM 1 2009 -



Term 1 winners of free term of lessons & V.I.P car park

**CONGRATULATIONS TO THE
CANNON FAMILY WHO WON
THE FREE TERM OF SWIMMING
LESSONS & V.I.P. CAR PARK
with our Term 1 early bird
re-enrolment incentive.**

**CONGRATULATIONS TO THE LAKE
FAMILY WHO WON THE CHRISTMAS
INCENTIVE, A 'FRIENDS OF THE ZOO'
FAMILY PASS**

RE-ENROLMENT DATES FOR T2, 2009

Re-enrolment must be finalized by **Sunday 5th April** to guarantee your spots for Term 2 2009. Please see reception to re-enroll and confirm your place. If you have any concerns regarding term fees or your enrolment for Term 2 2009 don't hesitate to speak to a deck supervisor prior to the end of term.

EARLY BIRD SPECIAL!!!

All families who re-enroll by **Sunday 22nd March**, the end of Week 8, will go into the draw for our major prize of a free term of swimming lessons (for your family) for Term 2 2009 and a V.I.P. car park for Term 2 2009.

MAKE UP DAYS

Three Make Up Day afternoons are scheduled for **Sunday 15th February (Week 3), Sunday 8th March (Week 6) and Sunday 29th March (Week 9)**. Make Up lessons can also be booked on a weekly basis (subject to availability) into permanent classes.

Please visit our Reception team if you miss a session and would like to book a make up class on one of these days.

Please note – Make Up lessons can only be booked within a 7 day period from the time of your enquiry (Unless booking into a scheduled Make Up Day). 48 hours notification must be given to Reception to cancel a make up in order to rebook.

PH : 9337 0444 / 41a ROSEHILL ROAD / ESSENDON

INFORMATION FROM OUR RECEPTION TEAM

The Reception team at Paul Sadler Swimland is the first point of contact for our clients, and as a team strives to offer the best customer service possible. There are many queries that we hear on a daily basis at the reception desk. If you have any questions, please speak to one of our Reception team – they will be more than happy to help you!



Frequently Asked Questions:

Moving Days and Times

Many parents will visit Reception to change days or times for their child's swimming lesson. There are a few factors when moving classes that may impact the time it takes us to find you your ideal position:

*Moving siblings can sometimes be difficult, as spots for both swimmers may not become available at the same time. One solution is to take positions as they come up, changing your swim times gradually. We realize that this can mean swimming at different times for an undefined period of time; however it is far more likely to result in you getting your ideal lesson time. We do not currently have a Waiting List for changes of day/time; however we are in the process of integrating this into our new operating system. Until this process is complete, checking with our Reception team on a regular basis is the most effective way to action a change of class. They are more than happy to search for you, and it only takes a moment.

Certificate Writers

Our Certificate Writers are a friendly face for the swimmers each week, providing them with their well-earned lollies, certificates and special treats for a great effort. They are our youngest staff members, and many will eventually join our teaching staff. If you have any queries or concerns about lessons, the best option is to speak to your Deck Supervisor. The Certificate Writers are often asked questions regarding our lolly policy. As part of our incentive system, swimmers are offered a lolly at the end of each lesson, and sometimes are awarded a lollipop or Swordy Tattoo. It is important to note that this is an incentive for the swimmer only. If you have any questions regarding this, please speak to Deck or Reception.

Times to Enquire

If you have a query regarding your lessons, the most ideal time to contact us is between 12:00pm – 3:00pm Mon- Fri, when we have no classes operating, and may be able to best service your enquiry.

'Swim and Survive' School Holiday Programs

A wonderful introduction to swimming lessons for an in-experienced swimmer is the Paul Sadler Swimland 'swim and survive' school holiday program. Classes are offered at a discounted rate for the 5 day intensive. For all swimmers the holiday program can be a great boost of confidence and skills going into the new term. It's great for fixing bad habits, reinforcing good ones and eliminates the 'forget factor'. Holiday program teachers are provided with up to date progress notes on each child which enables them to start the holiday program with information about the progress of each swimmer. Teachers can focus extra time and effort on areas of swimmer development that need improvement. This helps build both a good stroke technique and stamina within the week.

It's a great opportunity for a swimmer to perfect an area like treading water, backstroke, freestyle or breaststroke during the 5 day intensive program. During the fast track course, some swimmers can jump multiple certificates with in the 5 days. The program also provides structure and fun to children's school holidays. The morning classes allow families to still enjoy the rest of their day to participate in other school holiday activities.

At PSS Essendon we also offer a squad holiday program and Swimland Swim Club stroke clinic. The 5 day intensive clinics (PSS 1 hr and SSC 2hr's) focus on stroke development in the 4 competitive strokes; butterfly, backstroke, breaststroke and freestyle. Time is also spent on diving practice and improving tumble turns. The holiday program is a great way for swimmers to improve their technique by spending extra time on each stroke while also maintaining fitness and having fun.

We highly recommend that all swimmers who receive an invitation voucher to participate in a holiday program at half price or free take up these offers.

HOLIDAY PROGRAM

The Autumn Holiday Program dates are Tuesday 14th April – Fri 17th April, during the second week of the school holidays. The holiday program involves a 4 day intensive program for learn to swim & squad children. The program is now open for bookings; please see reception for available classes and times. There are limited positions for all levels so please book early.

Charity and Fundraising News

PAUL SADLER SWIMLAND TERM 1 FUNDRAISING ACTIVITY



UNDERWATER PHOTOS

16th March - 22nd March

Get an amazing underwater photo of your child after your swimming lesson!
Order forms will be handed out one week before the event with more details.
Cost: \$8.00 - All profits raised will be donated to the Royal Children's Hospital

Christmas Raffle

Congratulations to our Christmas raffle winners:

- 1st Tammy Burke
- 2nd Marianne Johnstone
- 3rd Helen Selleck

Thank you to our generous clients who purchased tickets or contributed prizes to our Annual Christmas Raffle. All funds raised will be presented to the Royal Children's Hospital during the 2009 Good Friday Appeal. Our Charity and Fundraising total amount raised for 2008 was an amazing **\$11,400!**

Paul Sadler and Swordy will be presenting a very large cheque to the Royal Children's Hospital during the Easter Good Friday Appeal. Again, a big thank you to all clients for your generosity through out the year and to our dedicated staff who constantly give up their private time to help in our wonderful fundraising activities to raise money for RCH.

Term 2 Theme Week & Fundraiser

In Week 4, Term 2, 2009 PSS Essendon will be enjoying our annual 'Footy Theme Week'. All Clients and staff are encouraged to get dressed up in your favorite footy team colors. Prizes will be awarded to the best dressed kids each day. Support your team and participate in the special footy games organized for the last section of the lesson. Footy hot dogs will be sold all week to raise money for the Royal Children's Hospital.

We would like to thank those clients who generously donated to our contribution towards the Red Cross Victorian Bush Fire Appeal.



Moonee Valley Festival

Swordy and the PSS team will be at the Moonee Valley Festival to be held on Sunday 1 March at Queens Park, Mt Alexander Road, Moonee Ponds. Now in its 32nd year, the Moonee Valley Festival is a significant community event attracting over 60,000 people from Moonee Valley and beyond. Look out for Swordy who will be handing out tattoos and balloons to all the kids at the festival. The Paul Sadler Swimland team Marquee number is C4. Look out for the PSS team and come and say hello, it should be a great, fun day.

SQUAD NEWS

Term 4 Gold Swims & Presentation



At PSS Term 4 is traditionally known as our distance term.

Our new junior squad swimmers (who have their Pumpkin certificate) are introduced to distance swimming gently by starting with a 250m freestyle swim. Over the term these new squad swimmers are extended to the freestyle distance of 500m, non stop.

The number one goal at PSS is for all swimmers to achieve their 'Swordy 1KM Medal'. In Term 4 2008, we had 102 swimmers complete this fantastic achievement. It is a wonderful celebration for all of our coaches to award these swimmers their Swordy 1KM

medals at our Squad Presentation night which was held on 7th December 2008. We had over 250 swimmers and parents at our squad presentation night in Term 4.



Kyle Micallef

57 Gold Swimmers – In Term 4 there were 29 - 3KM & 17 - 4KM swimmers. A highlight of the Gold Swims was 7 year old Kyle Micallef swimming 4KM and Stuart Robinett swimming 14.6 KM in 5 Hrs.



Senior Male Winner
Stuart Robinett



Senior Female Winner
Maria Phlorides



Junior Male Winner
Thomas Appleby



Junior Female Winner
Viktoria Tsiatias

Top Gun – Top Gun is a 1.5km race between our 6 fastest senior & junior male & female swimmers. Swimmers qualify for the event by participating in a 1km time trail during their weekly squad session during term.

1.5 km Top Gun Winners - All Top Gun winners (*pictured above*) went on to compete in the Paul Sadler Swimland All Star Event.

Swimland Swim Club

We have achieved great results again in 2008 with all of our athletes competing in meets breaking their old times and creating new personal best times.

Congratulations to all SSC swimmers and especially to Kyle Micallef who will be participating in the 2009 Indian Ocean All-Star Challenge at Challenge Stadium in Perth on 11th – 12th April. The event provides an exciting opportunity for developing swimmers who have not yet represented their countries in an official National team to do so. Over 400 athletes from China, Singapore, Malaysia, Indonesia and Australia will be swimming at the event. Athletes from various countries surrounding the Indian Ocean have the chance of representing their countries in the following teams.

- Asia All-Stars
- African All-Stars
- Aussie All-Stars

Best wishes to Kyle. We are sure you will do your country proud!

All SSC athletes will be competing in various meets over the next few months so good luck with achieving this year's goal you have set yourself.

For all squad swimmers - the new club season starts on May 1st 2009, look out for our FREE trial session letter issued to those swimmers invited or who would like to join our wonderful Swimland Swim Club.

SSC Training is Tuesday 6.15am to 7.30am, Thursday 6.15am to 7.30am and Saturday AM to be opened in Term 2.

Best wishes for the rest of Term 1 from all staff at Paul Sadler Swimland.