



Easter Theme Week

Monday 22nd March - Sunday 28th March

The last 7 days of term will include a fun celebration of Easter including fun Easter games to end lessons, with chocolates for all. Swordy will be paying us a visit during this week.

Easter Barbeque

We will be selling barbequed sausages during this week to raise funds for the Royal Children's Hospital Good Friday Appeal. Please support us in making our biggest donation EVER (last year \$50,000).

Car Park

At PSSR we are fortunate to have two private car parks and access to on street parking. Feedback received from both clients and local residents has suggested that being mindful of parking, both within the marked lines and clear of driveways will be appreciated by everyone. Thankyou for your support.

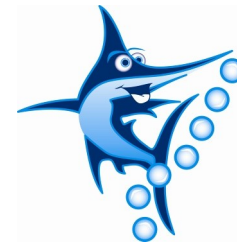
Paul Sadler Swimland Goggle Policy

Paul Sadler Swimland prides itself on being the 'survival specialists'. Due to the unique survival skills component of our Swordy Tot and Learner program's, swimmers are encouraged to NOT wear goggles until they receive the Maxi Pink Certificate. Before the Maxi Pink is achieved, one of the goals is to become familiar with the water. Without this familiarization, a swimmer will not be well prepared for the important safety skills needed to survive a potential emergency situation. For example, if a child falls into a pool, any tension created by discomfort with water in the eyes will not be helpful in the child's chances of getting back to the edge of the pool.

At Paul Sadler Swimland, we pride ourselves in having chemically balanced water which enables all swimmers to experience total comfort. We encourage all children, parents and staff to work together on achieving the best outcome for all swimmers in our program. If you have any questions regarding the use of goggles, please feel free to speak with one of our friendly Deck Supervisors.



Swordy Speaks
PSSR Family Newsletter
"Swimland kids -
Summer Fun"



March
Term 1, 2010

Swordy says,
"Water Safety

.....A year round commitment".

As we often say: "The most effective way to ensure our kids are safe around water is to make the commitment to lessons for the entire year. Like most skill based activities, water skills are maintained and developed through ongoing and regular practice".

Term 2 fees are NOW DUE.

On receipt of term 2 fees your child's position will be confirmed and you will be entered into the end of term draw.

- 1st Prize - 1/2 price term fees
- 2nd Prize - Free holiday program
- 3rd Prize - \$50 merchandise voucher

Due to the current high demand, we require confirmation of your child's participation in the Term 2 program. Please see reception before Term 1 concludes.

Early Bird Prize

All clients who rebooked and paid their term 2 fees by 15th March went into a draw for some very exciting prizes.

- 1st Prize - \$1000 Coles Myer Voucher plus VIP car park
 - 2nd Prize - \$500 Coles Myer Voucher
 - 3rd Prize - \$250 Coles Myer Voucher
- Congratulations to our lucky winners whose names are displayed around our pool area.

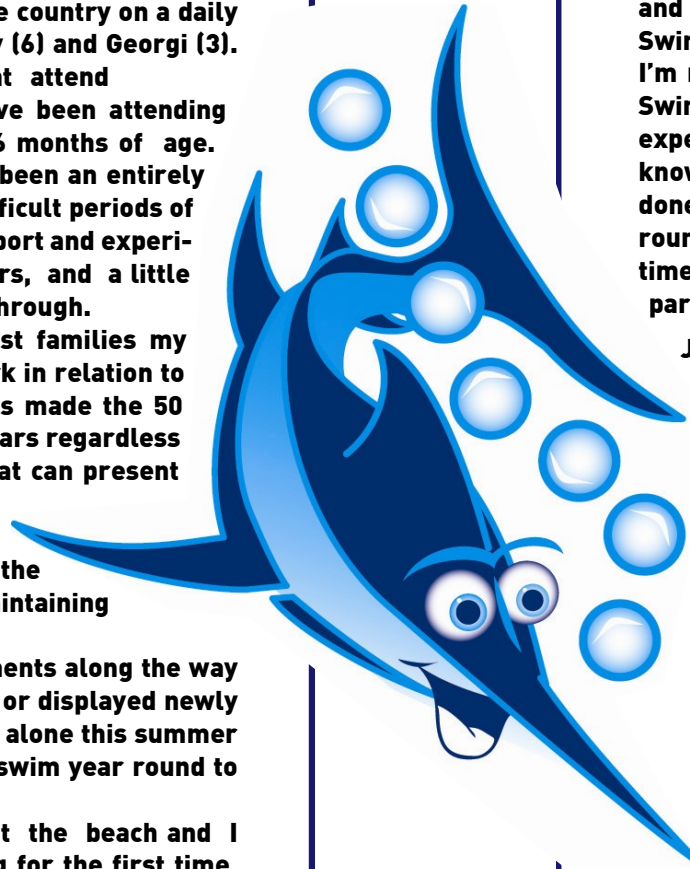
Term 1, 2010 ends - Sunday 28th March
(All makeup lessons to be used by this date)
Term 2, 2010 -
Mon 12th April - Sun 27th June (11 week)





A skill for life – a parent's perspective

I'm no different to most parents that walk through the doors of every Paul Sadler Swimland across the country on a daily basis. I'm the father of two girls, Charley (6) and Georgi (3). Like many of the committed families that attend swimming lessons weekly, my girls have been attending Paul Sadler Swimland since they were 6 months of age. They love the water; however it has not been an entirely smooth process with both girls hitting difficult periods of development along the way. With the support and experience of the teachers and deck supervisors, and a little practice, we have managed to negotiate through. Due to my work commitments, like most families my wife has done the major share of the work in relation to taking the girls to their lessons. She has made the 50 minute round trip for the best part of 6 years regardless of the weather and other distractions that can present themselves. The colder months can be challenging however the belief that those months are the time to prepare the skills for summer has us as parents maintaining our resolve to swim all year round. Whilst there have been many proud moments along the way when the girls have received certificates or displayed newly acquired skills in the water, one moment alone this summer has validated our decision as parents to swim year round to this point. Over summer we spent a weekend at the beach and I convinced Charley to try boogie boarding for the first time. After an hour of practice with my support, with the aid of flippers, she was able to kick herself out approximately 25m and ride the biggest wave she could find back to shore. Eventually I was able to stand and watch her. To see the joy on Charley's face as she experienced for the first time in her life one of the great recreational options open to her because of our families' commitment to swimming was one of life's great moments as a parent.



This weekend Charley will take this experience to another level and begin learning how to surf. This will more than likely develop a passion for being in the water for a lifetime and it all started with a swimming lesson at Paul Sadler Swimland.

I'm no different to most parents that come into Paul Sadler Swimland and I know that thousands of parents have experienced a similar joy to myself with their children. I know this because I work at Paul Sadler Swimland and have done so since 1995. To experience the benefits of year round swimming from a parent's perspective for the first time was an extremely rewarding experience and one as a parent I would highly recommend.

Jason Arnold—National Operations Manager



April School Holiday Program

Tuesday 6th April – Friday 9th April

All levels— Swordy Tots, Learners, Squad/Swim club.

Enrolments are now being taken—Places filling FAST

\$48 for 4 days of intensive swimming.

If you are interested in using our child supervision area, please reserve your place at the time of booking.

