



# PAUL SADLER SWIMLAND HOPPERS CROSSING NEWSLETTER - EDITION 2: TERM 1 2010 -

## 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



## IMPORTANT INFORMATION REGARDING TERM 2 - 2010

Term dates from April 12th to June 27th 2010.

### Term Fees

Mon -	9wks	\$135
Tu, W, Th, F, Sa	11wks	\$165
Sun	10wks	\$150

Take advantage of our 'Early Bird Special' - pay your term fees in full by March 21st 2010 and you'll go into the draw to WIN a free term of swimming lessons.

## SWIMLAND'S EASTER HOLIDAY PROGRAM

Plan now for the Easter break – book your child into our intensive 4-Day Swimming Program, held from Tuesday 6th to Friday 9th April. These 30-minute lessons run between 9am and 12noon, and are a terrific way to help children move up to the next level.

They'll quickly gain more confidence in the water, while having loads of fun. It's a win-win!  
To ensure you get a place in this popular program, book now.

## 'Make Up' Lessons

Missed a lesson or two during your term? Under Swimland policy you're entitled to 2 'Make Up' lessons per term.

However, these Make - Up lessons are proving to be extremely popular, so you need to act quickly to secure a spot. If you know you're going to miss a lesson in advance, call us or visit reception, let us know when you won't be attending, and we'll do our very best to find you a suitable alternative time.

Because of their popularity, 'Make Up' Lessons that are cancelled with less than 48 hours notice will be forfeited. If you do want to cancel a lesson but still want to make-up your child's class, our friendly reception team can arrange an extra lesson for you at a normal lesson cost.

With our swim school continually growing, it's natural that more clients want to take advantage of this service. So, please think of others when you need to miss a lesson – let us know you're not going to be able to make it – it could be you that needs a spot some day!

## ADVERTISEMENT OPPORTUNITIES

Our newsletters are read by over 2,000 families in the community. So if you're a business, group or club that wants a local boost, you won't find a more effective way to get your message across.

If you are interested, please email us:  
[ebony.matthews@paulsaderswimland.com](mailto:ebony.matthews@paulsaderswimland.com)



# THEME WEEKS

## Term 4 – 2009 - Water Safety Week

We would like to take this opportunity to thank all of our clients for your support in our fundraising efforts last year. With your generosity we were able to raise a fantastic \$15,315 which will be donated to the Royal Childrens Hospital during the Good Friday Appeal.

### -SAUSAGE SIZZLE!!

During Week 9 we will be holding our Term 1 fundraising event to coincide with FOOTY WEEK. Staff will be volunteering their time to sell our Sausages in bread for \$2 each; all profits from the sausage sizzle sales will be donated to the Royal Children's Hospital.

Paul Sadler Swimland is proud to be known as 'The Survival Specialists' – that's why Water Safety Week is our most important week of the year. Held from 30th Nov through to 6th Dec, every swimmer participated in activities including treading water, rescues, safety circles and floating techniques.

Each lesson concluded with a valuable lesson in the form of a song: 'Fence the pool. Shut the gate. Teach your kids to swim it's great. Supervise and watch your mate and learn how to resuscitate.'

In the 2008/2009 period, 302 people drowned in Australian waters\*. Everyone must be vigilant – in particular, it's crucial that parents of young children understand some simple rules when in the water. The Royal Life Saving Society encourages these four KEEP WATCH actions:

1. Supervise young children constantly (within arms' reach) each and every time that they are in, on or near water.
2. Restrict a young child's access to water - place a barrier either around the water, or around the child
3. Undertake water familiarisation with your child, so you know your child's abilities and alert them to the potential dangers around water
4. Learn resuscitation – this is a vital skill that will allow you to respond in an emergency.

Even though it's our most important event, please remember that, at Swimland, every week is 'Water Safety Week'.

\*Swim Australia – National Drowning Report 2009



## TERM 1 – 2010, FOOTBALL THEME WEEK

Footy season starts Mon 22nd of March at Swimland! While the pros get ready for a year of thrills, we'll spend the week celebrating our favourite (out of water) game. Until Sun 28th March, the pool will be decorated in AFL theme, and kids will be encouraged to dress up in the colours of their favourite team.

The last 5 minutes of every lesson will be footy related fun – a Handball competition, Mark of the Year and lots more to boot. Finally, everyone will get a footy lolly at the end of the lesson.

We're all excited about the 2010 Season for all codes – come and enjoy the fun!

## Gold Swims Results

On Sunday 8th November, another Gold Swim Event was held, with some fantastic results. This event involves nonstop freestyle swims – everyone begins with a 3km swim, then works their way up the ladder – 4km, 5km, 6km, 8km, 10km, 12km – then, a 5 hour swim.

In our biggest ever turnout for the 3km gold swim, twenty people completed the distance, Four swimmers completed their 4km gold swim and one person finished their 5km gold swim.

Congratulations to everyone who participated – it was a terrific effort all round! Why not start training now for the next Gold Swim Event. Not only will you receive a trophy, a certificate and a t-shirt, but, more importantly, you'll be doing it for yourself.

## TOP GUN FUN

Another squad event – the Top Gun Competition – was held on Friday 6th November

In case you're new to Swimland, the 5 fastest 1km swimmers of their age group - senior female, senior male, junior female and junior male - are invited to compete in a 1.5km freestyle race. The winners are named our local 'Top Gun'. They then compete in the 'All Star Top Gun' held a shortly after our event.

Our Top Guns for Term 4 are:

Senior Male – Jake Rentifis

Senior Female – Monique Abbott

Junior Male – Liam Scott (4th in the All Star Event)

Junior Female – Emily Bilek (6th in the All Star Event)

Congratulations on all who were selected – it's a fantastic achievement to be one of the 5 fastest 1km swimmers of your age group. Good luck to all those who plan to compete for our 2010 'Top Gun' crown!

*All Star Representatives Emily Bilek and Liam Scott*



## YEAR ROUND SWIMMING:

Staff at Paul Sadler Swimland have spoken with many parents over the years and know that the main reasons you take your child to swimming lessons are to:

- Improve their safety around water
- Develop skills that will enhance enjoyment and interest in aquatic activities
- Provide important skills that will stay with them for life

These skills, and your child's ability to be safer around water are difficult to improve when a child's swimming education is interrupted by breaks. These could be due to playing other sports, parents wanting to take a break over winter as my child 'always gets sick' or parents giving their child a rest.

Children, who attend swimming lessons year-round, without taking a break, are the ones who continue to improve their swimming skills and achieve their next certificates, while increasing their confidence around the water. At Paul Sadler Swimland we believe swimming year-round is critical in developing a child's swimming ability. We also know that winter is a very important time for swimming:

- It is a period when swim lessons are likely to be the child's only exposure to the water.
- Those who swim throughout the year ensure that the parent's investment in lessons is fully realized (parents aren't paying for a child to receive the same certificate twice due to regression from a break)
- Children who miss a term of lessons often come back to find their skills have significantly regressed

To ensure you are giving your child every opportunity to improve their confidence and safety skills in and around water and to make the most of your investment in your child's lessons, we strongly recommend that your child swims all year round.

[www.paulsadlerswimland.com](http://www.paulsadlerswimland.com)