



**Has your child recently started in our Squad program?**

This term our swimmers will have an opportunity to achieve their Swordy 1 km medal and for some, even distances up to 12 km. Swimmers will be required to wear flippers for some of their training drills and it is recommended that they supply their own to ensure a comfortable fit. A range of flippers are available for purchase from reception at a very competitive price and our staff would be happy to assist in ensuring your child has a perfect fit.

**Mothers Day :**

We would like to wish all our Mums and Grandmothers a very Happy Mothers Day for the 9<sup>th</sup> of May. We would like to acknowledge you all with a special treat during this week of swimming.

**Client Surveys:**

During this term, PSSR gives our clients the opportunity to provide us with some feedback through client surveys. Although these surveys are handed out at random, everyone is more than welcome to participate. It is with much appreciation that we thank everyone in advance for helping us out.

**Holiday Program:**

We would like to acknowledge the support of our parents during our recent School Holiday Program. Once again we saw many children rewarded during the week with a lot of great progression. Our next School Holiday Program will be running for 5 consecutive days from 5<sup>th</sup> July – 9<sup>th</sup> July. Bookings will open from the 31<sup>st</sup> of May (Week 8). Grab your spot early to be part of the fun!

**Did you know....?**

You can start paying for next terms fees, when your current term balance has been paid in full. Small amounts each week add up over time and before you know it, you have paid a good part into next term's fees. This gives you the opportunity to go into our "Early Bird Draw AND the End of Term Draw" and you could win some fantastic prizes. Wouldn't that be nice!



**Swordy Speaks  
PSSR Family Newsletter  
"Water Safety -  
"A year round commitment"**

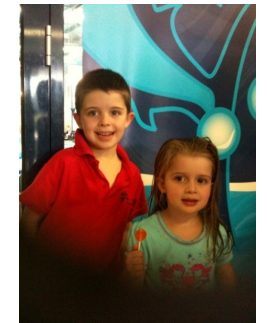


**April  
Term 2, 2010**

**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".

Congratulations to the Sultana Family who won our Early Bird Prize Draw in Term 1, 2010. They were the recipients of a VIP car park and a \$1000 Gift Card



**The lucky winners of our end of  
Term 1 draw were:**

- 1<sup>ST</sup> Prize – \$250 Coles Myer Gift Voucher  
Toby Pearson
  - 2<sup>nd</sup> Prize – Free Term of Swimming  
Justine Davidson
  - 3<sup>rd</sup> Prize - Free Holiday Program  
James White
- Congratulations to all!!

**Term 2 dates:**

Term 2, 2010 ends - Sunday 27<sup>th</sup> June  
(all makeups to be used by this date)  
Public Holidays (Pool closed):  
Sunday 25<sup>th</sup> April – Anzac Day  
Monday 26<sup>th</sup> April – Anzac Day Holiday  
Monday 14<sup>th</sup> June – Queens Birthday



### 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:

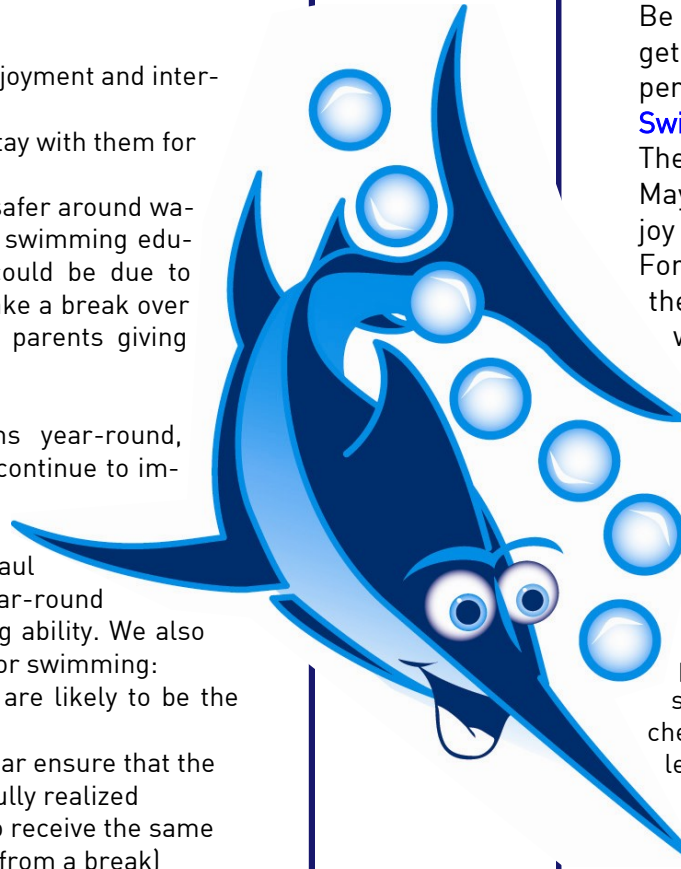
- Improve their safety around water
- Develop skills that will enhance enjoyment and interest in aquatic activities
- Provide important skills that will stay with them for life

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.



### Squad Wrap

PB Aggregate Meet

Sunday 16<sup>th</sup> May

Be sure to mark the date on your calendar. Let's get together and cheer on our Squad swimmers to achieve their personal best times.

### Swimland Swim Club (SSC) - Membership

The new season for Swimland Swim Club begins on 1<sup>st</sup> May, 2010. If you have a Pumpkin certificate or above, enjoy meeting people and having fun then come and join SSC. For more information see the SSC membership section of the Paul Sadler Swimland website.

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

### Hamish and Andy race at Rowville

James Sabell, an active member of both Paul Sadler Swimland Rowville and Swimland Swim Club, was lucky enough to win a competition involving radio and television personalities Hamish Blake and Andy Lee. James, entered the competition with the purpose of swimming in a relay team with Hamish and Andy. The event, held Rowville, coincided with SSC's Aggregate PB Challenge Meet on Sunday 14th March. Over 70 swimmers from both programs participated in a series of events, all attempting to beat their personal best times. A crowd of over 500 people all watched and cheered as the stars came out to swim against our local challengers. As Hamish and Andy hobbled down one side of the pool, 12 lucky staff and swimmers prepared to have the race of their life.

In the end, a fantastic day was capped off with over \$1000 being raised for SSC & The Royal Children's Hospital.

