

# Paul Sadler Swimland Newsletter

**Narre Warren**

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**term 2, 2010**  
12 april - 27 june

## now it's getting colder...

To help us maintain the warm atmosphere for our swimmers, we ask that you please close the door on your way in and out of the building. Your help with this is greatly appreciated. Thank you.

## year-round swimming

Congratulations to all parents for continuing your children's aquatic education all year round! There are many myths and legends about swimming in winter. In our community, we are surrounded by water all year round, not just the summer months. We know that swimming all year round is important to ensure parent's investment into lessons is fully realized and is a time when lessons are likely to be the child's only purposeful exposure to water. Children who miss a term of lessons often come back and find their skills have significantly regressed. Below are some facts about swimming in winter that you may not know:

- Children who swim during winter often get ill less frequently than those who don't swim during winter.
- Our health is not affected by cold weather – illnesses are caused by contracting viruses and infections.
- Regular exercise and higher fitness levels strengthen the immune system – exposure to the cold does not weaken it.
- The number of class absences at PSS centers during winter are no higher than at any other time of year.
- For any more information feel free to visit our website <http://www.paulsadlerswimland.com/News/Year-Round-Swimming.aspx>

For the comfort of swimmers, it is a good idea to rug them up in a scarf and beanie before braving the cold outside.

## *...the survival specialists* pram parking bays

In the morning sessions, we will now be encouraging parents to use our pram parking bays. Pram parking bays are situated near the certificate writer's desk and are designed to free up space on poolside and in the change rooms. We hope this will help to make watching your children and utilizing the change rooms more enjoyable and relaxed for everyone.

## feedback forms

Did you know that we have feedback forms? Feedback forms are a great way to keep us informed about things you are enjoying or things you feel need our attention at our facility and within our program. To obtain a feedback form, please see the Deck Supervisors and they will pass on your feedback to Management.

## important dates

### SUMMER IN WINTER WEEK

Our annual 'Summer in Winter' week begins **Monday, June 21**. Come dressed in your brightest summer gear and the best dressed swimmers will win prizes! Classes will be concluded with a fun summer game and there will be a **sausage sizzle** to raise money for the Royal Children's Hospital.

### COMMONWEALTH GAMES WEEK

From September 13-19, we will be celebrating the 2010 Commonwealth Games. This will be a fun and exciting week for all swimmers with Commonwealth Games based activities and our very own Gold Medal presentation at the end of each session.

**term 3, 2010**  
12 july - 19 september

## staff in focus: Debbie Bryan

**How long have you been teaching swimming?**  
Nine years.

**What is the best thing about working for Swimland?**

Watching the children continue to improve and achieve.

**What is your personal motto?**

I don't mind if you can't do it, as long as you give it your best shot.

**What is your favourite hobby?**

Walking on the beach at night and jig saw puzzles.

**One place in the world you would like to visit?**

Fiji, I love Fiji. The people are so lovely.



## maxi-pink and blue: distance testing

You may have noticed our Maxi Pink and Blue level swimmers are now tested over two 12.5 meter lengths instead of one 25 meter length. There are a number of reasons for this change and is a decision that has been made across all Paul Sadler Swimland facilities in Australia.

The main reason for this change is safety. A teacher trying to attend to all students spread across a 25 meter space can be difficult, particularly if there are some smaller or newer swimmers in the group that may be overwhelmed by the length of the pool.

Another reason for the change is that, over distance, the quality of technique drops. The jump from a 6 meter length to a 25 meter length is overwhelming for a large majority of our swimmers. Breaking it into two 12.5 meter lengths makes this more manageable. Teachers are able to correct more frequently in the smaller area resulting in improved technique, and faster progression.

## winter holiday program

Our winter holiday program will be held from Monday July 5-9, 2010. A wonderful addition to term swimming lessons is the 'Swim and Survive' Intensive Holiday Program, at the discounted rate of \$65.

For all swimmers, the holiday program can be a great boost of confidence and skills going into the new term. Attending for five consecutive lessons is beneficial for improving bad habits, reinforcing good ones and eliminating the 'forget factor'. The holiday program can also be a helpful transition into our lessons for new swimmers.

The program provides structure and fun to children's school holidays, with morning classes allowing families to still enjoy the rest of their day.

The Winter Holiday Program is now open for bookings; please see reception for available classes and times. The holiday program will run during the second week of the school holidays, with classes operating from 9:00am - 11:30am. There are limited places available for all levels, so book early to secure your position.

## family change room

As we have only one family change room available, we are asking that, where possible, it is kept free for families with boys and girls over seven years of age that are coming swimming with a parent of the opposite gender.

## seeing reception

For those swimming in the last class or squad for the day, can you please report to reception on your way in. Thank you for your assistance.

## early bird special

This term we will be running our first Early Bird Special! If you pay your full fees for term 3, before **June 13**, you will go into the draw to win a free term of swimming fees, for term 4, 2010!

## winter specials

With winter fast approaching, it is important to keep warm on your way to and from swimming lessons. Our Winter Sale during June will have our toastie Swordy Beanies and Scarves on sale for only \$10 and \$12 respectively, or \$20 for both.

Please see our friendly reception staff for all your winter stock needs!



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5-9 JUL

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

Remember, if you want to keep up to date with latest news at Paul Sadler Swimland, please visit our award winning website, [www.paulsadlerswimland.com](http://www.paulsadlerswimland.com). You will also find information about our philosophy, history and applying for positions within our team.

## underwater photos

During Term 3, we will be conducting our underwater photos. Now is the time to start practicing your open eyes and big smiles under the water. More information will be provided as the date draws closer.

## squad corner

CONGRATULATIONS to all swimmers who completed a distance swim this term. Thank you to all of the dedicated parents who got up in the early hours on of the morning to ensure their child had the training required to complete this enormous feat.

**Presentation night** will be held on **Wednesday, June 23, 2010** This night will be to celebrate all of our swimmers obtaining their next squad certificates, Swordy 1km medals and gold swim awards. Invitations will be given to all swimmers receiving awards during their squad sessions.

**Squad carnival** will be held **Sunday August 1, 2010**. Forms will handed out to the squad swimmers by their coaches later in the term.

## all star top gun

Congratulations to our swimmers who represented PSS Narre Warren in the All Star Top Gun against the other PSS sites on June 5 at MSAC.

Canis Nugroho (5th)      Jack Marshall (2nd)  
Lily Smith-Stephens (2nd)      Dylan Joiner (1st)

## have your details changed?

If you have recently moved or changed contact or medical details please fill in the following form, tear it off and drop it into reception to be updated. Thanks.

Last Name: \_\_\_\_\_ Child's Name: \_\_\_\_\_

Day/Time of Swim: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Mobile Number: \_\_\_\_\_

Email: \_\_\_\_\_

Any other information (eg. Medical): \_\_\_\_\_

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## swimland swim club

What a great season SSC have had with 39 members smashing P.B'S throughout the year and finishing off the season with three swimmers qualifying to compete for Team Aussie at the Indian All Stars in Perth. What more can we say; it cannot get much better than that - or can it? If you are interested in competing for your School, SSC or even Australia come down for a free trial session and begin to set your goals and see where it can take you. The season commences in **May, 2010** and ends **April 30, 2011**.

All Squad Swimmers are welcome to join in on our Aggregate Meets that are held each term, where you can experience competing in a friendly, fun environment. Any questions please feel free to email

Dean Gooch

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or SSC Head Coach Peter Howes

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