

Paul Sadler Swimland

BENDIGO NEWSLETTER #5

TERM 4 2008

EARLY BIRD PAYMENT - Competition Winners

Congratulations to the Gellatlys' who are the winners of our 'Early Bird Payment' competition, they won a GT bike each from BENDIGO CYCLES for Kyle and Mikayla (pictured right), 1yr's Free Family Pass to the BENDIGO FUN FACTORY and x2 Spring Intensive Free Holiday Programs with total value over \$1,000.00.



This term Swordy has definitely pulled out the big guns for Christmas, you can win a **\$1,000.00 Gift Card** to spend at the **NEW BENDIGO MARKETPLACE**. To be in with a chance of winning this amazing early bird prize, simply pay Term #1 2009 swimming fees (in full) by Monday the 8th of December, with the winner to be drawn and announced on deck later that evening.



Remember, **you've got to be in it to win it** and Reception are taking payment now.

WATER SAFETY WEEK - Kids Alive do the Five

Fence the pool, shut the gate, teach your kids to swim **IT'S GREAT**, supervise, watch you mates and learn how to resuscitate. From Saturday 29th November through to Friday 5th December we will be participating in the National **PLAY IT SAFE BY THE WATER** week. Lessons will be modified to include more water safety and survival activities and there'll be some additional giveaways for those who swim and sing with gusto.

Water Safety is a 24hr, 7day a week exercise and Kids Alive Doing the Five goes a long way to educating us all on how to stay safe around water. For more information on Water Safety Week visit http://www.aquarecvc.org.au/arv_watersafetyweek.htm.

SWORDY REWARDS - Coming Soon

Swimming with us in 2009 will come with the added bonus of 'Swordy Rewards'. As a reward for swimming with Paul Sadler Swimland Bendigo, each time you pay in full for a term of swimming, we will stamp your Swordy Rewards card and you can use it to claim special discounts and giveaways at participating Swordy Reward Centres.



We are planning for Term (paid in full) Swimmers to be able to claim rewards at the many local businesses in 2009, if you have a local business and are interested in becoming a Swordy Reward Centre, please contact david.meade@paulsadlerswimland.com or call David on 03 5443 2164 or mob 0417 503 903. We are looking forward to announcing our Swordy Reward Partners prior to commencing next term.

SUMMER SWIMMING INTENSIVE - for Swordy Tots through to Squad & Club

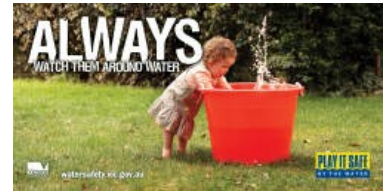
PROGRESSION, PROGRESSION, PROGRESSION, give your child ½ a term of swimming in just one week for the special price of just \$60 in our Summer Swimming Intensive **5 Day Holiday Program**. Bookings are available now. Morning and afternoon classes will be operating from Monday January 19th through to Friday January 23rd. This is our most popular Holiday Program and places are filling FAST, so if you're interested, book now to avoid disappointment. Flyers are available at Reception and Holiday Program bookings, as well as Term Payments, can be made over the phone. Call **5443 2164** or call in to Reception to confirm your place and join in the fun this summer.

10 PSS WATER SAFETY TIPS - In addition to 'Kids Alive Do The Five'



Supervision - No matter how competent a child is in the water, there is never any substitution for supervision. Even the most competent children can get tired when they are swimming or can get injured or ill. Blink and they could be gone as it only takes a split second for them to disappear.

Water Familiarisation - Get your children familiar with water well before the summer swimming season begins. A child with some water ability and familiarisation may not panic when they find themselves "out of their depth" and may be able to alert someone else to their problem as opposed to silently drowning.



Household Dangers - Hidden dangers like unemptied baths, nappy buckets, shower bases, the toilet, pet bowls, water features, ponds, wading pools, puddles, or bowls left outside which fill up when it rains and animal troughs, are all considered water hazards.

Never Rely on Swim Aids - Parents sometimes relax when their children are wearing swimming aids; unfortunately these aids often burst, tip over, are not fitted correctly or are removed by the wearer. These aids are not lifesaving devices and are no substitute for parental supervision.

Fence The Pool - We have all heard of the importance of ensuring that all pools have a fence. It is equally important that they also have a self-closing gate and the gate is locked when the pool is not being used. This also applies to outdoor spas. We need to keep the pool / fence gate area, free from climbable objects.



Never Swim Alone - Always swim with a friend and always tell another adult where you are going. Even Olympic swimmers can get a cramp and fatigue. If no one knows where you are no one can help.

Learn CPR - The most important skill you can learn as a parent is the ability to perform Cardio Pulmonary Resuscitation. This skill saves lives.

Make-shift Ladders - Be aware that young children are very inventive, and if they want to get into a pool they may use other implements, such as outdoor furniture, an upturned bucket or a wheelie bin, to reach the mechanism to open the gate. This is another reason to make sure that the gate is locked.

Leaving Children Alone In The Bath - One of the more common cases of infant death by drowning is in the bath when left unattended. Never leave the bath in order to answer the phone or any other call away. Remember that bath safety is the responsibility of parents, not other siblings.

Outdoor Water Holes/Beaches - Before Swimming in unfamiliar water, always check to see if it is patrolled, and if so swim between the flags. Check for debris in the water, check for safety signs and ask others who are already swimming, if there are any safety issues you should be aware of. Look before you leap!



60 MINUTES STORY - Troubled Waters

You may have recently watched this moving story and like us, realised just what a fun and nurturing environment we've managed to create for our swimmers, where they not only learn to 'Swim and Survive' but **THRIVE**. It touches on the fact that drowning is the number one killer of toddlers in Australia and we lose (on average) more than one child every week in a preventable drowning. The show then demonstrates two vastly different methods of training babies how to survive in deep water; one instilling a fear of the water during an 8 week intensive program, the other encouraging a lifetime love for the water, through a long term continuous swimming program, where enjoyment is a key element.

For 32 years Paul Sadler Swimland have been '**the survival specialists**' and during that time the major ingredients for our success have been; a respect for and enjoyment of the water, treading in deep water as part of each lesson plan, logical gradual progression of skills and distances, acknowledging and rewarding good efforts and of course the support of understanding and patient parents.

We have written to 60 minutes expressing our deep concerns with the IRS method (see Deck for our official response). To view the program visit <http://sixtyminutes.ninemsn.com.au> and scroll down to Troubled Waters.

SWIMLAND CALENDAR 2009

Bendigo | 12 Vine Street | Phone (03) 5443 2164

Est. 1972



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TERM DATES 2009

TERM 1 27 JAN - 05 APR TERM 3 13 JULY - 20 SEP
 TERM 2 20 APR - 28 JUNE TERM 4 05 OCT - 20 DEC

SCHOOL HOLIDAYS

● = HOLIDAY PROGRAM ● = PUBLIC HOLIDAYS ● = WATER SAFETY WEEK

● = SPECIAL EVENTS Mon 23 Mar Early Bird Competition Draw, Mon 15 Jun Early Bird Competition Draw, Fri 26 Jun Presentation Night,
 Mon 07 Sep Early Bird Competition Draw, Mon 7 Dec Early Bird Competition Draw, Fri 11 Dec Presentation Night.

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SSC - news

In addition to our start blocks, you may have noticed that we have installed a deep end pace clock and have purchased x2 mobile sun shelters (which helped our swimmers be sun-smart at the Bendigo East meet). We would also like to purchase a portable SSC banner to identify ourselves at meets and then the bulk of the (bigger) start-up purchases will be covered.



Congratulations to those swimmers chosen to represent our district at the Victorian Country Championships in Melbourne; Mathew Slot, Nicole Trew, Cody Duncan, Jessica Dromey, Annabel Bradshaw, Jack Beale, Jarrod Slot and finally Thomas Hawke (Pictured left) who took out the 50 Backstroke title in a time of 55.87 seconds and can now claim to be Victorian Country Champion. The smile says it all!

Other great results from the recent Bendigo East meet where we placed 3rd overall (1st for Boys) include; Mathew Slot 1st 50m Fly, Breast & Back, Jacob Waller 1st 50m Fly & 3rd 50m Breast, Ruby Dyer 2nd 25m Fly & 3rd 25m Back, Annabel Bradshaw 2nd 50m Free, Ethan Waller 3rd 25m Breast.

Thanks to all of those who've rallied around Susie Hawke with regard to fundraising. We have chocolates and Christmas hamper raffle tickets for those who've yet to collect them, here in the PSS office.

SQUAD - term #4 event dates

- Top Gun Dates - Saturday 22nd November from 3 - 5.30pm
- All Star - Saturday 6th December from 10am
- Gold Swims - Sunday 30th November from 12.30pm
- Presentation Night - Friday 12th December from 7.30pm
- Club Jan Holiday Program - 6.30 - 8.30am (Flyer at Reception)
- Squad Jan Holiday Program - 6.30 - 7.15pm (Flyer at Reception)

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