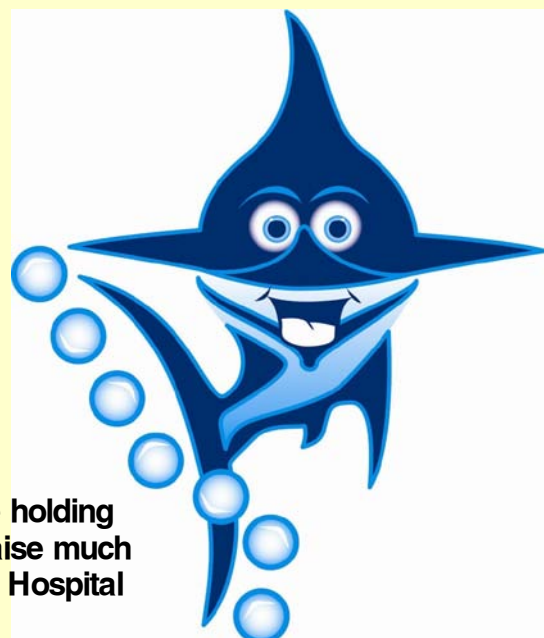


Newsletter



Family Fun Day!!!

Update on Charles.....

As most of you know Charles decided to change his career direction by joining the Air Force. He has completed his orientation, as Dux of the class and is now based in Queensland. He is thoroughly enjoying his new role.
Well Done Charles.

After a huge success last year, we are holding our annual Family Fun Day again to raise much needed funds for the Royal Children's Hospital Good Friday Appeal.

When: Sunday March 28

Where: Paul Sadler Swimland Narre Warren

Time: 12.30pm - 4.30pm

Cost: \$7 per participant on the day

Take up our special pre-paid offer of \$6 per participant or \$20 per family (4+ participants)

On Sale now at reception

Included on the day will be the giant inflatable, slide, free time in the pool.

Other activities on the day include underwater photos (there will be two sessions available 1.00-2.00 and 3.00-4.00. Bookings essential), face painting, sausage sizzle, Easter raffle and much more!

This year we hope to raise over \$2000 dollars that will go towards the total amount raised throughout the year.

Important Dates to Remember!!!!

SSC Trivia Night: Saturday March 13

Easter Theme Week: Monday March 22

Good Friday Appeal Fun Day: Sunday March 28

Term 1 Ends: Sunday March 28

Term 2 Begins: Monday April 12

Swimland Swim Club Music Trivia Night

Anyone up for a fun filled Night.

Come join us in our first Trivia Night for SSC.

When: Saturday March 13

Where: Park Ridge Primary School Gym,
Wentworth Avenue, Rowville

Time: Warm-Up 6.30pm, Heat 1 Starts 7pm

Cost: \$10.00 per ticket

Tickets: contact Julie Jansz 0432686289 or
email: sscsecretary@paulsadlerswimland.com

DON'T FORGET TO CHECK OUT OUR AWARD WINNING WEBSITE.....

Go to www.paulsadlerswimland.com to find newsletters, information about up and coming events, and read about Swimland news & celebrations.



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.

Holiday Program

Don't forget to book in early for the Autumn Holiday Program. It is a fun way to fill in some time on the holidays whilst refining and further extending your child's swimming skills.

The dates are: Tuesday April 6 to Friday April 9

The cost is only \$52 and the program caters for Swordy Tots right through to Squad and Adults.

Swimming consecutive days is an effective way to help transition from the Swordy Tot program to the Learner program.



Congratulations to our entire 1km Medals recipient's

During Term 4 many of our squad swimmers attempted to swim one kilometer non-stop. Many had done this before but others were attempting this for their first time. One kilometer is forty laps and to some it is a long way.

Congratulation to our 65 swimmers who received this medal.



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

