

PAUL SADLER SWIMLAND

ESSENDON NEWSLETTER – Term 2, Ed. 3

MOONEE VALLEY FESTIVAL



Swordy's Big Day Out

Paul Sadler Swimland Essendon enjoyed a great day out mixing with the local community at the Moonee Valley Festival on Sunday 24th February. We had an information stall set up, Swordy came along and helped by giving out balloons, applying tattoos to hundreds of hands, and getting his photo taken with local groups and some friendly MP's!

Thank you to all of our swimmers and parents who stopped to say a friendly hello at our stall and to give Swordy a high five and a hug.

CONGRATULATIONS TO THE SCAMBIATTERRA FAMILY WHO WON THE FREE TERM OF SWIMMING LESSONS with our Term 2 early re-enrolment incentive.

RE-ENROLMENT DATES FOR T3, 2008

Re-enrolment must be finalized by Sunday 29th June to guarantee your spots for Term 3 2008. Please see reception for confirmation and payments. If you have any concerns regarding term fees or your enrolment for Term 3 2008 please don't hesitate to speak to a deck supervisor prior to the end of term.



Maria, Nicholas & Daniella Scambiaterra – Free term of swimming

EARLY BIRD SPECIAL!!!

All families who re-enroll by Monday 16th June will go into the draw for a free term of swimming lessons and a V.I.P. car park for term 3. Those re-enrolled by the end of Week 11, Sunday 22nd June will be entered into the draw for a Luna Park family day pass. So beat the rush and good luck!

HOLIDAY PROGRAM

The July Holiday Program will be running Mon 7th July – Fri 11th July, the second week of the school holidays. The holiday program involves a 5 day intensive program for pre-schoolers, learn to swim & squad children. The program can give swimmers a great opportunity to progress in a short period of time and to consolidate skills. Every swimmer receives a certificate for their participation. The program is now open for bookings please see reception for available classes and times. There are limited positions available for squad so please book early.

SWORDY AT THE GOOD FRIDAY APPEAL

Together with Paul Sadler, a very excited Swordy presented a 'big cheque' at the Good Friday Appeal event held at the Telstra Dome on behalf of all the PSS sites. Through fundraising events at each site, over the past 12 months, we were able to make a sensational contribution of **\$40,000**. We thank all the swimmers, parents & many sponsors who have supported our Hot Dog Weeks, Christmas Raffles & our Challenge Club. Thank you also to our staff who have volunteered their time and resources to put events on, in support of the Royal Children's Hospital.

RUN FOR THE KIDS

Congratulations to Ben, Catherine, Mark, Liz, Kristina, Jade, Damien, Zac & Sophie who participated in our Challenge Club event for Term 1: The Herald Sun/City Link: Run for the Kids. Thank you to both clients, and staff who sponsored the group in the 5.7km and 14.14km runs.

To coincide with our upcoming footy week, we will be putting on a hot dog week. Staff will volunteer their time to make and sell hot dogs, so please bring some coins along and support our Term 2 fundraiser for the RCH.

Paul Sadler & Swordy with Mia Greaves Channel 7

TERM 2 THEME WEEKS – FOOTY WEEK (Week 5), IT'S ALWAYS SUMMER AT SWIMLAND (Week 9)

FOOTY'S BACK! Get behind your favourite footy team during **Week 5** (Mon 5th May – Sun 11th May). Prizes will be given to the most passionate supporters. Normal lessons will be running with swimmers able to join in a fun footy game to finish off their class. Bring some coins along to buy a hot dog after learner swimming classes, as our staff will be volunteering their time to man a hot dog stand with all proceeds going to the Royal Children's Hospital.

SUMMER FUN! Week 9 (Mon 2nd - Sun 8th June) we are turning up the heat, playing beach music and having some summer fun in the winter sun. "It's Always Summer at Swimland", where it is 32 degrees in the water and a balmy 27 degrees on deck. We have our great friend Swordy coming to visit, so wear your board shorts and paint your nose with zinc.



GOGGLES POLICY



Maxi Pink Certificate – Learner Program

Paul Sadler Swimland prides itself in being the 'survival specialists'. Due to the unique survival skill components of the learners program, swimmers are not encouraged to wear goggles until they achieve the Maxi Pink certificate. At this level swimmers are capable of completing the following activities without the use of aids; treading water for 1min, doing a deep end jump & dog paddle for 6m, swordfish float, kick on back for 6m, duck dive to 1m. The use of goggles is encouraged after this level during the stroke development segments of the lesson plan. Swimmers who are past the Maxi Pink certificate are required to complete any survival activities undertaken in the class without the assistance of goggles.



SWIMMING ALL YEAR ROUND

From speaking to many parents over the years we have found the main reasons they bring their children to Paul Sadler Swimland for swimming lessons are to: improve their safety around water, develop skills that will enhance enjoyment and interest in aquatic activities, and provide important skills that will stay with them for life.

Children who swim with us year-round 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 that winter is a very important term for swimming. This is because:

- 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
- Children who miss a term of lessons during winter often come back to find their skills have significantly regressed

Some special Swordy tips...

- To support your reason for starting your children in swim lessons, keep them involved all year round.
- Ensure the children are dry and wrapped up warmly after their lesson.
- Wear warm items of clothing, such as beanies and scarves, from the pool.

SQUAD

During term 2 we build on the swimmers' long distance abilities. Children are built up over the term and many will have the opportunity to attempt a non stop 1km swim to achieve their Swordy 1km medal. The gold certificate program emphasizes fitness through the improvement of endurance and aerobic conditioning. Top Gun competition is also a feature of the term with participating swimmers competing over 1500m and going on to represent Essendon at the All Star Top Gun event against other PSS sites.

Term 2 Squad events: – *Invitations and information flyers will be given out to the relevant swimmers prior to these events with full details of times and locations.*

Sun 18 th May	Individual Events Carnival – Swim School Owners Assoc. Aus	
Sun 1 st June	Essendon Top Gun Swims	1:00pm – 3:00pm
Sat 7 th June	Long Dist. Gold Swim	10:00am – 3:00pm
Sun 8 th June	Essendon Gold Swims	1:00pm – 6:00pm
Sat 14 th June	Jnr Female All Star Top Gun	10:00am – 10:45am
	Jnr Male All Star Top Gun	10:45am – 11:30am
	Snr Female All Star Top Gun	11:30am – 12:15pm
	Snr Male All Star Top Gun	12:15pm – 1:00pm
Sun 22 nd June	Presentation night	4:00pm – 6:00pm

SWIMLAND SWIM CLUB

This season we had 26 swimmers at Essendon join Swim Club. We have had a very successful season with most swimmers attending their very first competitive swim meet and swimming a new P.B. On March 15th we had our first Intra-club meet where all Swimlands and their club swimmers met for a day of competition.

93 swimmers attended the event and results showed 307 P.B's out of 434 swims. It was a great day with all swimmers receiving a ribbon with their time recorded on the back. Our 1st season is coming to a close so if you have your Pumpkin Certificate we urge you to come down and trial a FREE club session held on Tuesday or Thursday morning and join for our new season commencing May 1st.

For all details regarding Swim Club and our new season please contact our Swim Club co-coordinator veronica.phelps@paulsadlerswimland.com.

WHEN SHOULD MY CHILD NOT SWIM?

Fortunately most parents know, and are wise enough to exclude their child from swimming lessons when they are sick or unwell. However, there are times when we are not sure when a child can go swimming. If you are not sure, our advice would be to listen to your child, use your good judgement and do not take your child swimming until your child behaves normally, and has a regular activity level and health.

By taking your child swimming when they are not well, you are potentially exposing others to illness and you could be compromising your child's health by exercise such as swimming.

Stay at home if your child is physically ill, if example they have a fever, an ear infection, heavy congestion, stomach virus with vomiting or diarrhoea, conjunctivitis or any other contagious diseases or infections until your child is better.

Some common ailments and recommendations from Austswim are:

- **Chickenpox.** Stay home until fully recovered or at least one week after eruption first appears.
- **Measles and Rubella.** Stay home until at least 5 days from appearance of rash.
- **Mumps.** Stay home until fully recovered.
- **Gastro (Diarrhoea).** Stay home until diarrhoea ceases.
- **Impetigo (School sores).** Stay home until all sores have fully healed and appropriate treatment has commenced.
- **Warts. Transferred through skin contact.** Ensure that the affected area is well covered and secure.
- **Conjunctivitis.** Not OK to swim until cleared up.

MAKE-UPS FOR MISSED CLASSES

Swimmers are entitled to 2 make-up lessons per term for classes missed through illness or general absence. Three Sunday afternoon sessions are specifically assigned each term for make-up classes and are displayed on the whiteboard in the entrance foyer each week of term. Alternatively swimmers may be booked into regular classes where a vacancy exists for their level. We suggest that make-up classes be booked soon after swimmers resume usual activity levels as make-up lessons do not carry over to the following term. Where a lesson has been cancelled in advance a make-up lesson may be organized prior to missing the class. Please note: make-up lessons cancelled less than 48 hours in advance will be forfeited.