

Swim Between the Flags



FLAGS

FIND

the flags and swim between them – the red and yellow flags mark the safest place to swim at the beach.

LOOK

at the safety signs – they help you identify potential dangers and daily conditions at the beach.

ASK

a surf lifesaver for some good advice – surf conditions can change quickly so talk to a surf lifesaver or lifeguard before entering the water.

GET

a friend to swim with you – so you can look out for each other's safety and get help if needed. Children should always be supervised by an adult.

STICK

your hand up for help – if you get into trouble in the water, stay calm and raise your arm to signal for help. Float with a current or rip – don't try to swim against it.

ROLES AND RESPONSIBILITIES OF OUR STAFF

Deck Supervisor – The Deck Supervisor's primary role is to manage the pool area and the quality of the lessons, while ensuring that each child is catered for in the best way possible in order to assist them to Learn to Swim, Learn to Survive and Enjoy the Water.

Certificate Writer – The Certificate Writer assists the Deck Supervisor; marks attendances on Testing weeks, is involved in general administration tasks and assisting with maintaining an efficient pool deck area.

Coach – The Coach has a vital role in the delivery of the SwimWorld method of teaching your child to Learn to Swim, Learn to Survive and Enjoy the Water. Our Coaches are all Austswim qualified and fully mentored in our SwimWorld in-house training program. Many of our coaches hold additional qualifications in the different areas of our program, including baby, squad and water aerobic fitness qualifications.

Assistant – The Assistant is there to assist the coach to ensure smooth running of the class and allowing each child to have their

turn. They should be enthusiastic, motivated, proactive people who respond well to children and support our coaches.

Trainee – Our Trainees of today are our Coaches of our future. All trainees receive extensive in-house training and support through their training at SwimWorld.

Mentor – Our staff development program provides Mentors for our future Coaches. Mentors play a vital role in the training and leadership of trainees. They instruct and impart their knowledge on the trainees to assist the trainee to become the best Coach they can be.

Reception – Our receptionists are here to offer help with make up classes, changing class days and times. Reception can also help advise on what coach may be suitable for your child depending on the needs and temperament your child may have. They are always happy to help and offer advice. Reception would also like to greet you as you wander by, so please let us know who you are and we will do the same in return.

Summer News from SwimWorld

SUMMER HOLIDAY PROGRAM

Don't forget to take the opportunity to book into the Summer Holiday Program and give your children a great start to swimming for the year. Holiday Programs often give your children accelerated progression as they are in the pool every day consolidating their skills.

SwimWorld will also be offering Holiday Program Intensive Techniques Clinics in January. More details about these clinics and the Holiday Program will be available towards the end of the term.

TERM 1 BOOKINGS

Please ensure that you book into Term 1 before the end of Term 4 this year. Term 1 bookings fill up fast as everyone likes to make the most of the warm weather. To ensure the day and time you are after, a deposit of \$20 is required for each child. Bookings for Term 1 open a few weeks prior to the term 4 concluding.

The balance of Term 1 fees is due within the first 2 weeks of the term. Please see reception if you have any difficulties meeting this payment.

WHY SWIM AND EXERCISE IN THE WATER?

Do you remember when you were a child and all summer long you would swim until your skin was wrinkly and you were shivering because it was too cold, but it was too much fun to get out of the pool? The only time you got out of the pool was to refuel or because mum wouldn't let you swim if there was a storm brewing. Do children today still have that same fun in the pool as we did as children? What made them stop? Why do we all need to get back in the water?

Swimming is a healthier alternative to land sports. Why? Water is denser than air, making it harder to walk through than if you were going for a walk on land.

The more you walk in water the easier it becomes. It burns kilojoules much more efficiently and makes you feel fantastic. Swimmers work more muscle groups than most exercise programs. Arms, chest, back, leg and core muscles all help pull us through the water. This is done gently with a lower risk of injury than other land exercise.

The heart and lungs benefit most from regular swimming. Swimmers need to hold their breath between strokes, use their oxygen more

efficiently and ensure each long heartbeat counts. Lung function improves as does cardiovascular fitness.

This is why swimming for all ages is encouraged. Be sure you book yourself and your children into classes and help ensure that you are looking after yourself and your body as best as possible. Bring back those childhood memories and pass the joy and health benefits of swimming onto your children.

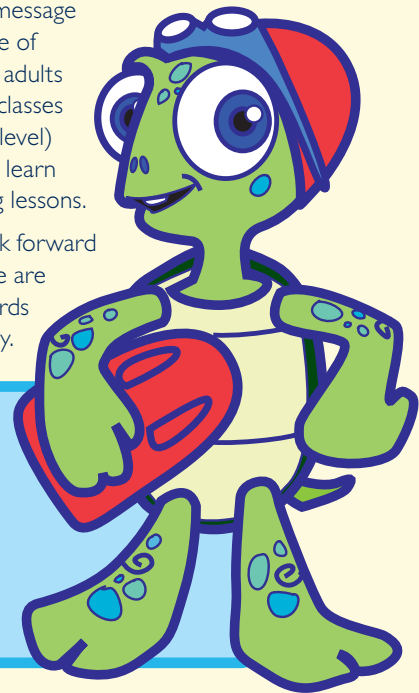
SWIMWORLD AT THE GLEN AND BRANDON PARK

At the end of Term 2 and during the school holidays in Term 3, SwimWorld got amongst the people at Brandon Park and The Glen. It was great to get out into the community and see so many of our customers who recognised the staff and Squirt, as well as speak to many other people about our successful program here, and how important it is to Swim, Survive and Enjoy the water.

A number of our staff members stepped away from the comfort of the reception desk or poolside where many people know us and know the importance of swimming lessons. The shopping centre visit gave us an opportunity to speak to the wider community and get a feel as to how the general community view swimming lessons and their importance. It was great to see the familiar faces of those parents and children that did recognise us at the shopping centre and came up to speak to us and give Squirt a hug. We even managed to book make ups, get deposits and change classes on the spot for some customers which was great. One customer even offered us a coffee!!

We really enjoyed getting our message out there about the importance of swimming lessons, encouraging adults to attend our Water Aerobics classes (no matter what age or fitness level) and even encouraging adults to learn to swim in our Adult Swimming lessons.

They are great days and we look forward to seeing some of you when we are out and about at The Glen towards Christmas and the end of January.



FUNDRAISING

Does your school, Kinder or sporting group have a fete or fundraising event that is coming up in which your organisation could benefit from the support of SwimWorld? SwimWorld is more than happy to arrange a visit from Squirt the Turtle or have a stand at your event where we can offer advice on swimming, hand out balloons, tattoos and information packs. If this sounds like something that you may be interested in, please see reception about what is required from your organisation to get the wheels turning. Squirt loves getting out and about amongst the community.

Here at SwimWorld, our commitment to you remains steadfast ~ we will provide a warm, friendly, safe and nurturing environment for each person to Learn to Swim, Learn to Survive and always Enjoy the Water!