



SWIM NEWS

The latest news from the Cityfit Swim School

Why swim all year round?

Swimming is a skill for life and children need consistent practice to become safer swimmers. Skills need to be reinforced or children may regress, particularly those who are under 5 years of age. With our indoor heated facility and the pool at a comfortable 29.5 degrees, there is no need to take a break over the cooler months. Swimming establishes important developmental improvements and is a great environment for promoting social interaction, and what better way to get ready for summer and those swimming carnivals than to participate in lessons now. Our infant classes also develop a strong bonding experience between parents and children, all whilst teaching the parents important techniques to use at home and in the pool.

CONTRATULATIONS to all 36 students who successfully achieved the I SWAM MY FIRST 25M @ CITYFIT awards this term.

See Western Advocate article link on page 3 of newsletter for more information.



What is UV sanitation?

UV sanitation will remove the chloramines from the air and your skin. Be prepared to say goodbye to the chlorine odour you may sometimes smell.

Chloramines are the by-product of chlorine doing its job.

Watch this space for more detailed information.

**UV
is coming...**

Watch this space!

SWIMMER OF THE TERM

CONGRATULATIONS: BRODIE SCRIMSHAW

Brodie currently swims on a Saturday morning with Mairead. He started the term doing two arm freestyle with the kickboard for half the length of the pool. Mairead is very excited and proud that he can now swim a whole lap of freestyle unassisted, and he successfully completed the I SWAM MY FIRST 25M AWARDS night. Well done Brodie, we can't wait to see what you can achieve next term.



A special mention to Mitchell Riini, who once again got nominated for swimmer of the term by Kayla. Keep up the great work Mitchell, we are very proud of you.

A friendly reminder to parents...

WE NEED YOUR HELP!

Please make sure children have been to the toilet prior to entering the pool. Children who are not confidently toilet trained **MUST** wear a tight fitted swimmer nappy. If your child is sick, leave them at home. We want what is best for our students, and if they are not 100% then they are not going to get the most out of the experience.

There are still spots available for Term 3, if you have not secured your spot, call and book today!



INSTRUCTOR PROFILE: Kayla Sense

Kayla has been a part of our team since November 2016. She has already expanded her knowledge by attending the AUSTSWIM Infant Aquatic Course and the AUSTSWIM Access and Inclusion course. She decided to become an instructor as she has a swimming background and wanted to share her knowledge and love of the water with children.

Outside of Cityfit, Kayla is a mother to her 5 year old daughter and is actively pursuing new knowledge for her other love of Beauty Therapy, in which she holds a diploma.

Kayla wishes to continue to develop her skills as a swimming instructor, with the dream of coaching her own squad some time in the future.

What happened in Term 2...

Term 2 was great in so many different ways, we had Penguins during THEME WEEK, we explored marine life that we should not touch during SAFETY WEEK and we had 36 amazing students succeed in the I SWAM MY FIRST 25M Awards Night. Click link for more details:

http://cityfitswimschool.com.au/images/newsletters/WA_T22017.pdf

Just a reminder that THEME WEEK for Term 3 is Mermaids and Mermen. We encourage you to dress up however mermaid tails cannot be worn in the water as these can be potentially dangerous.



Congratulations,

to all the swim school students that recently completed their first 25M swim award.

Keep up the great work, we look forward to celebrating more swimming milestones with you.

