

# SWIM NEWS

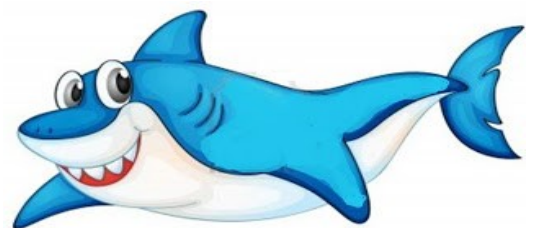
The latest news from the Cityfit Swim School

## NEW ULTRA VIOLET DISINFECTANT SYSTEM

Custom built in West Germany, an ultra violet disinfectant system is now in operation and providing exceptional water quality in our pool. This type of water treatment provides many benefits to pool users. Most importantly, it greatly reduces chlorine by-products in the water, otherwise known as chloramines, which cause odours in the atmosphere, on the skin and can irritate eyes. This reduction in chloramines means that chlorine odour will be less noticeable on the pool deck and on skin after swimming. It also means that little eyes may not sting so much in the water. The other important benefit of ultra violet treatment is its ability to treat notorious microorganisms such as Cryptosporidium. Ultra violet disinfection systems are common in much larger, more populated pools, which is what makes it a unique feature at Cityfit, and indeed the Central West. Next time you come in for swimming, see if you can notice the benefits that our new ultra violet system is providing, and see for yourself how clear our water looks.

## WHAT IS HAPPENING IN TERM 4

- **Week 4 (October 30 – November 4)**  
Theme Week: Sharks
- **Week 8 (November 27 – December 2)**  
Assessment Week: Rebooking opens for Term 1 2018
- **Week 9 (December 4 – December 9)**  
Rebooking: Last week to keep your spot
- **Week 10 (December 11 – December 16)**  
Safety Week: 'What would you do without me?'  
Dress in long pants and tops and learn about water safety
- **Week 10 (Friday December 15)**  
Awards Night: 'I Swam my First 25m'. For invited students. Please RSVP.
- **December (Date to be confirmed)**  
Swim School Christmas Party. All welcome. Please RSVP.



### REMEMBER

We cannot make  
bookings without  
payment

# SWIMMER OF THE TERM

## CONGRATULATIONS: JOSH WOTTON

**Josh** has been swimming with Cityfit Swim School for just two terms. In this time, Josh's teacher Anneke has helped to develop his skills at an amazing rate. Initially swimming 13 metres of freestyle with assistance, Josh can now swim 25 metres of freestyle *and* backstroke, both independently, and is currently working on his breaststroke kick. Josh is also mastering survival skills, and can tread water for 60 seconds, which is remarkable. Josh has every reason to be proud of himself, as Anneke and the team at Cityfit are.



## Staff Profile: MAIREAD SHEEHY



Mairead has recently joined the team at Cityfit's Swim School. She has a background in the aquatic industry, having worked as a lifeguard and aquatic supervisor in the past. However, her passion is to teach children in the pool, and teach them a skill for life.

While teaching swimming at Cityfit, Mairead is studying paramedics and nursing at Charles Sturt University, so you can rest assured; your children will be in safe hands with her. Mairead is hoping to work in paediatrics, nursing or paramedics in the future, and is hoping to continue with swimming instruction as well.

Mairead is enjoying her time at Cityfit; in particular, the happy faces around the club. She is eagerly awaiting Term 4, and is looking forward to seeing the improvements her students will make.

## Royal Life Saving

### National Drowning Report 2017

Royal Life Saving have recently released their annual report on drownings for 2017. Alarming, the number of drownings has increased from 266 to 391, which is an increase of nearly 100 drownings from last year. These figures are a pertinent reminder to stay alert to water hazards in, and around the home, and also in unfamiliar environments. Take the following steps to help reduce the chance of drownings in your sphere of influence:

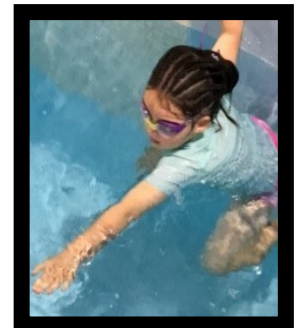
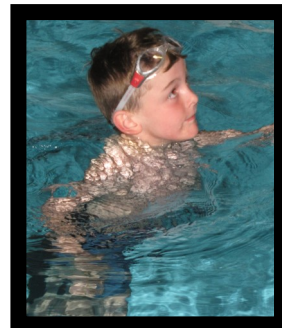
- Enrol your children in Learn to Swim lessons
- Actively supervise children
- Learn CPR and First Aid
- Empty play pools when not in use
- Make sure pool fencing is secure and locks are in good working order
- Keep young children, or those who are not confident, within arm's reach all the time
- Talk to your children about the dangers of water, and never swimming alone; especially when in unfamiliar environments

# What happened in Term 3...

Term 3 was great in so many ways. We saw Mermaids in Theme Week, and witnessed some wonderful personal achievements in the 'I Swam my First 25m' awards night. If you missed the article published in the Western Advocate, which featured this term's 25m swimmers, you can find it by taking the following link:

[http://cityfitswimschool.com.au/images/newsletters/I\\_SWAM%20T3-2017.pdf](http://cityfitswimschool.com.au/images/newsletters/I_SWAM%20T3-2017.pdf)

Here is a snapshot of the fun we've had this term:



## *Congratulations*

to all the swim school students who recently completed their first 25m swim award.

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

