



SWIM NEWS

The latest news from the Cityfit Swim School

Alligator Week



Week 4 was all about celebrating our upcoming mascot! Arni the Alligator, was voted by you to be the swim school mascot, so during week 4 we decided to learn a bit about the creature itself. We had fun facts, pictures and we even had a few alligators in the pool. To keep you updated, Arni is currently being drawn up so that we can have him made and he can start making appearances at Swim School events!

Theme week is now a permanent feature in week 4 of each term. We have introduced this new program as an extra educational tool for your children where they can dress up and learn about different fictional and non-fictional water characters.. Theme week for Term 1 2017 is Pirate Week!

"I Swam My First 25M" awards night

Our Term 4 awards night was once again a huge success. Held on Friday 16th December all students were successful in the tasks of treading water, floating and completing a lap of 25 metres freestyle. In total we had 76 successful students participate this year. Please click link for more pictures.

[http://
www.cityfitswimschool
.com.au/images/
newsletters/
SwamMyFirst25.pdf](http://www.cityfitswimschool.com.au/images/newsletters/SwamMyFirst25.pdf)

I SWAM MY

FIRST 25M

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SWIMMER OF THE TERM

CONGRATULATIONS: CHLOE, AARON, WINONA & LOGAN



Chloe was very timid at the start of the term when it came to the water, she was unsure of her limits and what she was capable of. "At the start of term she would not let me let go of her" says Kayla "Now she is very confident!". Every week she has improved and her confidence has sky rocketed. Kayla is extremely proud of how far Chloe has come and can't wait for what future lessons will bring.



Aaron has been swimming with Renee twice a week for the past few terms, his confidence has come along by leaps and bounds. Renee said "when I first started with Aaron he was very unsure of his ability, he didn't like getting his face and hair wet, was uncomfortable on his back and would very rarely try things on his own". Renee is very pleased that Aaron now floats and kicks on his back unaided, he can swim 25 meters adapted freestyle, and is working hard on his backstroke.

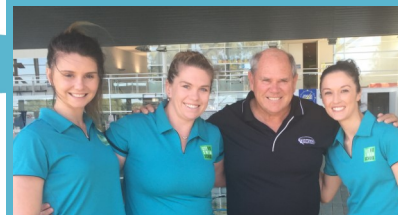


Winona started the term being frightened of the water and she didn't have much confidence at all. Now she is like a mermaid in the water and it's hard to get her out. She went from being scared to being able to swim more than half a lap of backstroke all by herself. Winona can also swim freestyle aided for 13m. Awesome swimming Winona, Anneke is very proud :)!!



Logan has improved greatly this term, not only has his swimming improved, but his attitude towards his swimming has also changed as he is now excited to give anything a go and Courtney is so very proud of him! His Freestyle has improved greatly from a doggy paddle to correct bubble breathe technique and his kicking is incredible! As Logan continues to enjoy his swimming Courtney enjoys seeing his improvement week to week. Logan has been a great student and he should be very proud of his swimming achievements this term.

Leigh Nugent Breaststroke Masterclass:



During Term Four 2016, Dana, Anneke and Renee went to Sydney to learn more about the art of Breaststroke. We regularly attend programs such as masterclasses and conferences so that we are bringing the most up to date techniques back to the swim school.

Attending programs such as this enables us to continually improve as instructors to help our students develop better breaststroke technique.

The girls have already seen improvements in their students from applying these techniques and cannot wait to share them with the rest of the swim school instructor team.

To keep updated on what's happening at Cityfit:



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Merry Christmas
& a
Happy New Year

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