

# SWIM NEWS

The latest news from the Cityfit Swim School  
**“I SWAM MY FIRST 25M @ CITYFIT” award**

Cityfit held their first **“I SWAM MY FIRST 25M @ CITYFIT”** Awards night on Friday 1st April, an initiative to celebrate one of the most important safety milestones for a young swimmer.

“We had a fantastic night,” said Swim School Coordinator Dana Martin. “All the students successfully completed the safety assessment on the night, which included a 30 second back float, 30 second of treading water and swimming 25 metres of freestyle.”

The atmosphere on the pool deck was great, as parents cheered on the children as they completed each skill,” said Dana.

“The awards night is focused on encouraging children to continue to build on their swimming skills, because we want them to become strong swimmers that are instinctively safer in the water.”

“And based on the look of pride on our student’s faces on the night, I think they will be inspired to keep swimming and work towards their next milestone,” Dana added.

Every term the Cityfit Swim School has a Safety Week to reinforce the potential danger of water to our students and parents. This year they have taken the Safety Week one step further and created an end of term awards night to celebrate our student’s success.

We’re looking forward to the Term 2 awards night,” said Dana. We already have children saying they are going to work hard so they can attend the next night. That’s exactly what we want” she said, “our students striving to become stronger, safer, swimmers!”



**TERM 2 awards night:  
Friday 1st July 2016**

# SWIMMER OF THE TERM

## CONGRATULATIONS:

### EMILY COLLINS

Cityfit Swim School Instructor Renee Aberley has had Emily Collins in her Octopus class for the past two terms and is delighted to see her named as our Swimmer of the Term.

"Emily started with me with very little confidence and was insecure about being in the water. She could dog paddle half the length of the pool, but only if I would let her keep her face out of the water," said Renee.

"She disliked being on her back and hated the thought of putting her face in the water," added Renee.

But that has now all changed!!!!

Emily is now excited to come swimming, she floats by herself, kicks on her back unassisted and without a board and she now swims with her entire face in the water!

"Emily is now learning her freestyle and backstroke arms. I am incredibly proud of her," Renee said.

(Emily is pictured with her instructor Renee)



## POOL HYGIENE

### HOW CAN YOU HELP?

*Cityfit is totally committed to providing the safest and cleanest possible pool environment for our members. Though, as is the case with any public pool, unfortunately pool contamination incidents occur.*

*We take our role in controlling and resolving any contamination very seriously. We aim to correct any water safety issues in the most comprehensive and efficient manner.*

***Our members can be assured that if the Cityfit Pool is open, it's ready and ideal for swimming.***

*In the unlikely case that the Cityfit pool is closed, this has been done for your safety and we are acting according to the NSW Department of Health guidelines.*

**You can help us secure the cleanliness of our pool:**

Always take young children to the toilet before entering the pool.

Infants and young children that are not reliably toilet trained **MUST** wear a swimming nappy. These are available at Cityfit reception.

Please don't swim in the pool if you have suffered diarrhea or vomiting in the last week.

If you are sweaty please rinse off before entering the pool.

If yourself or your child has cuts, wounds or any skin infections they should not use the pool until they have cleared completely.



## Staff

### Profile

### ANNEKE PRETORIUS



We have the pleasure of introducing Anneke Pretorius one of our valued and talented Swim School Instructors here at Cityfit Swim School.

Anneke was a competitive swimmer all of her school life, when she finished school and stopped competing she thought the best way to stay involved in the sport she loved was to become a swimming instructor.

"I feel privileged to be a swimming instructor, to hold a position that could help reduce the number of drownings that occur in Australia," said Anneke.

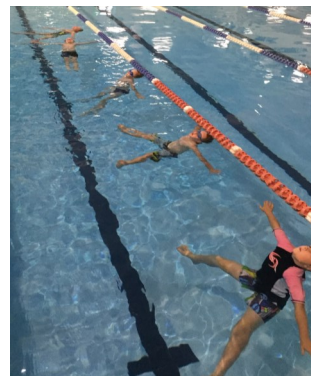
"I also enjoy working with children and teaching them new swimming skills, as well as life-saving skills," she added.

"Outside of Cityfit, I am studying to become a teacher's assistant. I also enjoy going to the gym, being healthy, socialising and hanging out with friends and family," Anneke said.

"In the future I would like to be a kindergarten or primary school teacher and to continue to live a healthy lifestyle, I hope that I can encourage others to do the same!" she said.

Anneke would also love to travel, most importantly back to South Africa to visit her family. She also thinks New Zealand and Switzerland are other countries that would be amazing to see!





To keep updated on what's happening at Cityfit:



## Our successful students

- |                |                   |                    |                    |                  |
|----------------|-------------------|--------------------|--------------------|------------------|
| • Ellie Hida   | • Connor Burns    | • Alana Mavrak     | • Imogen Farmer    | • Emilie Smith   |
| • Georgie Owen | • Thomas Dubojski | • Mia Hodgson      | • Jessica Murray   | • Siobhan Newton |
| • Sarah Hundy  | • Jack Murray     | • Ethan Dolbel     | • Jade Faulds      | • Eilish Reen    |
| • Lucas Kamper | • Karli Butler    | • Kyan Schmidt     | • Logan Davis      | • Ellie Reen     |
| • Darcy Burns  | • Amy Ford        | • Stephanie Wilson | • Rushyam McSorley | • Olivia Brabham |
- (See page 1 for article)

*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.

