



SWIM NEWS

The latest news from the Cityfit Swim School Pre-school and Primary School Water Safety Education Programs

We were very concerned by the statistics of drowning over the Christmas period. Between December 1st last year to January 15th this year, 57 people drowned in Australia. Whilst we understand that many children don't get the opportunity to learn to swim, the message has to be continually promoted to the community. To assist in this task we visit local schools to talk to the students about water safety. We have visited Nurture One pre-school and Eglinton Public School. If you think this would be a great addition to your child's school assembly or pre-school program please let your facility know that we offer this service. It is very important that every child be given the opportunity to be safer in and around water.



Aqua Tots: What is it?

Term 1 saw a new level be presented, Aqua Tots. Aqua Tots is the level above Aqua Babies. Parents are still in the water with their child, but the aim of this class is to improve their technique through maximum manipulation and maximum practice time. Unlike Aqua Babies, this class aims to get the children moving better and building confidence to make the transition into lessons without a parent. Please see reception if you would like more details about this class.

SWIMMER OF THE TERM

CONGRATULATIONS:

STEPHANIE WILSON AND MITCHELL RIINI

Steph has gone from strength to strength, she has been swimming with Renee for a while now and was always very unsure of her own ability, even though everyone else could see it. She moved into my beginner squad this term and decided to give her school swimming carnival a go. She exceeded her own expectations and progressed right through to the Western carnival. Her confidence has blossomed and I am so very proud of her and can't wait for what the next 12 months has to offer.



Mitchell's confidence in the water has sky rocketed. At the start he was unable to do full laps without help, having now progressed to swimming with confidence without any assistance. Kayla is very proud of how far he has come, and can't wait to see his progression in the next few terms.



Congratulations,

to all the swim school students that recently competed in School Swimming Carnivals.

POOL HYGEINE

HOW CAN YOU HELP?

Cityfit is totally committed to providing the safest and cleanest pool environment for our members. Notwithstanding, as is the case with any public pool, pool contamination incidents can 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 firmly fitting swimming nappy. These are available at Cityfit reception.
- Please don't allow your child in the pool if they have suffered diarrhea or vomiting within the past 2 week.
- If you or your child has cuts, wounds or any skin infections, it is important not to use the pool until they have cleared completely.

By working together we can provide the safest pool environment for everyone to enjoy.

What happened in Term 1...

Cityfit Swim School was very busy in Term 1, we had Pirate Week in Week 4. We held our 'I SWAM MY FIRST 25M @ CITYFIT' awards night, and we finished off the term with Superhero Week. Our theme for Term 2 is Penguins and our Week 10 Safety Week will be announced during term.

Please click link for more information:

<http://cityfitswimschool.com.au/images/newsletters/WA%20T12017.pdf>

Our successful 'I SWAM' students

- Jacinta King
- Indi Robinson
- Aaron Parsons
- Dana Janssen
- Alicia Kicovic
- Gracie Fry



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.

