

# CITYFIT SWIM SCHOOL



## SWIM NEWS

The latest news from the Cityfit Swim School

### TAKE A SEAT ON OUR NEW POOL BLANKET



Have you noticed the new sparkly metal seating down on the pool deck? This is home to one of our new pool blankets. We have installed these blankets to help maintain continuity in water temperature. These blankets conceal the heat

in the water over night, reducing condensation in the room and helps us mitigate against events that can effect the pool temperature (i.e. power blackouts).

So as the temp falls outside, rest assured that the Cityfit pool is a consistent and comfortable 29 degrees all year round.

### 3 REASONS TO RUN ON OUR TREADMILLS



1. **LESS THUMP**—An improved progressive shock absorption system reduces stress on joints.
2. **TRACK YOUR PROGRESS**—Set up a PRECOR account and embrace the opportunity to accurately track and improve your workout results.

And don't forget the programs! Ranging from Lose weight through to WFI Firefighter Test (we are assuming nothing is set alight!)

3. The new treadmill motor is more powerful but smaller, leaving more room for a **BIGGER RUNNING AREA!** Plus there is a 3% decline for running downhill.

Please ask reception if you would like any help or more information with the treadmills.

### WHY I SWIM AT CITYFIT

**Jessica 5 & Caitlyn**

“Cos our teachers are very nice and lovely. They are very good at teaching us how to swim”.



### THAT SWEET AROMA



Just when you thought Cityfit couldn't get any better...our COFFEE is now TWICE as good!! Our new WEGA machine makes twice as much coffee (2 groups), it's faster and from all reports it's a BETTER BREW!

The machine is now joined by a NEW conical grinder that will again step up the COFFEE experience at Cityfit.

Don't forget you can pre-order your coffee ready to go after your class! And takeaway is available. Coffees are \$3.50 small/\$4.00 large.

# SWIMMER OF THE TERM

CONGRATULATIONS: **SIOBHAN & HALLIE!**

**Siobhan Newton**



Siobhan first started with Cityfit Swim School in Term Four, 2014. Her mum enrolled her in lessons so she would be safe from the water dangers at the property where they lived. Siobhan returned Term Two this year more determined than ever!

Siobhan has just turned 6, she can swim 25m backstroke, 25m of breaststroke kicks and 25m of assisted freestyle. Her instructor Sam has no doubts she will be going solo by the end of the term. "When it

comes to children learning to swim, it's all about attitude—and Siobhan's is fantastic!", said Sam.

With Siobhan anything goes, any goal is achievable and everything is worth a try. Awesome work Siobhan! (Siobhan is pictured with her instructor Sam)

**Hallie McDonald**



Hallie has been swimming with Cityfit for just over 12 months now. At the beginning of term 2 she wouldn't put her face in the water at all. She has recently over come her fear of going under water and is now doing rockets and diving out for sinky toys on the bottom of the pool with no problems at all. So proud of her :)

(Hallie is pictured with her instructor Anneke)

## ADULTS SWIMMING LESSONS



It's never too late to learn to swim. The Cityfit Swim School runs

private lessons for new swimmers, giving a group of friends the opportunity to share the fun of learning a skill for life.

Liz, Deirdre and Zena are all different in many wonderful ways but they have one thing in common—they've never learnt to swim!

"These ladies are great", said their instructor Sam. "I admire their courage for confronting a fear and learning a skill that will keep them safe and healthy".

For more information on private lessons contact Cityfit on 6331 4344.

## CAN YOUR KIDS SWIM TO SAVE THEIR LIVES?



Life Saving Swimming only comes from confidence around the water and learning an instinct that will teach your children to react in a split second.

The skills we teach at Cityfit Swim School are focussed on helping your child become a strong and confident swimmer, building endurance that might make the difference in a dangerous situation.

When children stop swimming in Winter they lose momentum in this learning process and the instinct is diminished. They may lose some confidence and skills, and their technique and fitness will be impacted.

Children (and adults for that matter) should swim all year round, for fitness, wellbeing and to practise a skill that could save their life.

## Staff Profile DANA MARTIN



Dana completed her AUSTSWIM training in 2008 and has been an instructor at Cityfit since November 2008. She has been the Cityfit Swim School Coordinator since November 2010.

Dana said; "I just love watching the kids grow. I've known a lot of our swimmers since they were babies. It's just wonderful to see them become so independent in the water."

Outside of Cityfit...

"I am a Mum to my beautiful daughter Ava, wife to my husband Scott and love hanging with family and friends. "

Her plans and dreams for the future are...

"To continue to make our swim school the best in Bathurst so all people have the opportunity to learn to swim in a safe and professional environment."

## MYTHS & FACTS

**MYTH - YOU SWEAT WHILE YOU SWIM**

**FACT - TRUE**



You may not feel them, but there are little beads of perspiration rolling down your body as you stroke your way across the pool. The same beads you will find when going for a run.

The result: You're losing fluid as you practice. Drink up before, during, and after working out/swimming practice.