

# SWIM NEWS

*The latest news from the Cityfit Swim School*

## SAFETY WEEK: FLOOD AWARENESS

This term we focused our Safety Week on FLOODS. With the current environmental state, it was a timely topic to talk about with our students. Our themes are chosen to remind students and parents about the dangers associated with different bodies of water.

Our instructors discussed with their classes the many dangers that are to be faced when dealing with flood water, to develop their understanding as to why it is best to avoid it.

Important topics included:

- Make sure you always take note of warning signs, as they are there for a reason.
- We don't know what the ground is like under the water, whether it is deep or non-existent
- How fast is the water moving?
- What is under the water that we can't see, that may cause us injury?

Our students learnt that you can never be too careful around flood water, so the simple way to deal with it, is to stay away from it.



## “I SWAM MY FIRST 25M” awards night



Oscar Liston, Isla Fitzpatrick and Georgia Baillie proudly displaying their I SWAM bags.

On Friday 1<sup>st</sup> July, we conducted our Term 2 award night during which the students had 3 safety skills to complete. These were to tread water, float and to swim a lap of freestyle in our 25m indoor heated pool.

The awards night was created to be a part of our Safety Week and to **celebrate** the students' success and strengthen their awareness of safety techniques in the water.

Our instructors invited students who were seen to have reached this important milestone of 'I SWAM MY FIRST 25M'.

We had an amazing turnout of 29 students who were very excited and extremely proud at the end of the night.

Our staff at Cityfit would like to congratulate all of these students who attended the night and were able to reach an important milestone in swimming. (More photos and successful students can be seen on Page 3)



# SWIMMER OF THE TERM

## CONGRATULATIONS:

### RYDER BURKE AND JACKSON HUSSEY



Pictured: Ryder Burke

**Ryder** is currently in Seahorse4 level. His instructor Kate said "Ryder was reluctant to put his face in the water and blow bubbles and never wanted to dive in from the wall by himself". We are very pleased to announce that Ryder is now consistently doing these things, and more. Kate is a very proud instructor, well done Ryder!



Pictured: Jackson Hussey with his proud instructor Emily Lynch

**Jackson** who is currently in a Crayfish5 level, has worked extremely hard to correct his freestyle and backstroke this term. His instructor Emily said "she is very proud of Jackson, as he has come a long way this term with both his skill and confidence".

Jackson can now swim 25m backstroke, half a lap of breaststroke and almost 25m of freestyle. "He has worked really hard to combine his arm and leg motion in breaststroke too" she added.

The staff at Cityfit would like to congratulate both of you on your determination and hard work, and we look forward to hearing about your future successes in the pool. Well done!

## WINTER IS HERE....THAT DOESN'T MEAN YOU CAN'T SWIM



With the colder months upon us, there is no reason why you can't continue swimming at Cityfit. Our pool is kept at a comfortable temperature of 29 degrees for both the lap enthusiasts, and for the children in the Swim School program, so there is no reason to 'take a break' from lessons over the winter months. By keeping your children actively swimming in the colder months, there is no progression loss and their skill level can only increase. Which can be a positive thing leading up to the warmer months and holiday periods. However, given the cold weather and the prevalence of colds and flu's, if your children are sick please keep them home. We want what is best for our students and child health and safety is high on our priority list. So if you haven't already booked, make sure you get in and re-book your children for Term 3 commencing Monday 18th July.

## Staff Profile RENEE ABERLEY



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

Renee has been teaching learn to swim for approximately 12 years, and started with us last September.

Renee has competencies in Infant Aquatics and Stroke Correction and has recently sat the Access and Inclusion Course. On top of all this she is also an assessor for AUSTSWIM, so is able to help our other staff members progress to different qualifications.

Renee says "I love teaching children how to swim, and I get a sense of satisfaction when I see them achieve what they thought was impossible".

Renee not only teaches in the pool, she is also the co-ordinator of our 'I SWAM MY FIRST 25m' awards night. She is studying a Bachelor of Primary Education, her Certificate III in Fitness and loves to work-out in her spare time. As if she wasn't busy enough she is also the mother of her 4 year old daughter, Phoebe. "I like to keep my body and my mind busy" she says.

Click here to read more about our Term 2 <http://www.cityfitswimschool.com.au/images/newsletters/T22016-2.pdf> awards night.

**CITYFIT  
SWIM  
SCHOOL**





To keep updated on what's happening at Cityfit:



## Cityfit Swim School's successful students

- |                |                    |                    |                   |                     |
|----------------|--------------------|--------------------|-------------------|---------------------|
| • Maddy North  | • Olivia Agnew     | • Noah Ryan        | • Jack Larsen     | • Angus Taylor      |
| • Jeffrey Knox | • Owen Windsor     | • Oscar Liston     | • Liana Schmidt   | • Jacqueline Callen |
| • Byron Short  | • Benjamin Jones   | • Laylah Liston    | • Kael Lawson     | • Isabelle Lund     |
|                | • Isla Fitzpatrick | • Lilly Howard     | • Callan Taylor   | • Lily Burns        |
|                | • Georgia Baillie  | • Elsie Tomlinson  | • Cooper Thurtell | • Yaazhini Kabilan  |
|                | • Jayden Brasier   | • Henry Schumacher | • Reese Carter    | • Sophie Paull      |
|                | • Riley Renshaw    |                    | • Lacey Carter    |                     |



*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.

