
YOGA

Better Health for Everyone

Yoga is an ancient Indian Philosophy that dates back thousands of years originally designed as a path to spiritual enlightenment. Today the physical aspects of Hatha Yoga have become popular as a gentle form of exercise and stress management. There are many different varieties of Hatha yoga but each one essentially relies on structured poses (asanas) practised with breath awareness.

Each posture or asana is held for a period of time synchronised with the breath. Generally a yoga session begins with gentle asanas and works up to the more challenging postures. A full yoga session should exercise every part of the body and should include pranayama (breath control practices), relaxation and meditation. The different asanas include lying, sitting, standing, and inverted or upside down postures.

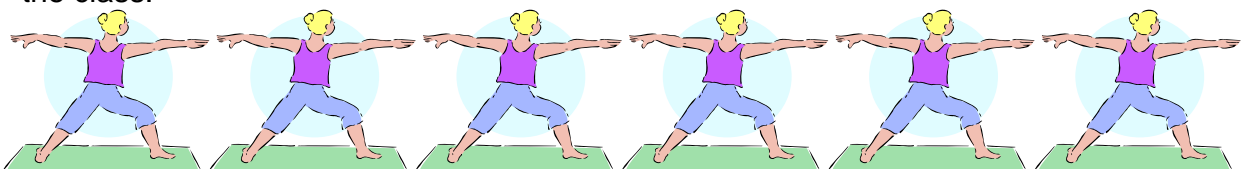
As well as being a renowned antidote to stress, yoga may produce other health benefits. Improvements you can expect with regular yoga practice include:

- **Cardiovascular system** – asanas are isometric which means they rely on holding muscle tension for a short period of time. This improves cardiovascular fitness and circulation. Studies show that regular yoga practise may help normalise blood pressure.
- **Digestive system** – improved blood circulation and the massaging effect of surrounding muscles speed up a sluggish digestion.
- **Musculo-skeletal** – joints are moved through their full range of motion which encourages mobility and eases pressure. Maintaining asanas encourages strength and endurance and the gentle stretching releases muscle tension and increases flexibility. Long term benefits include reduced back pain and improved posture.
- **Nervous system** – improved circulation, easing of muscle tension, and the act of focusing the mind on the breath all combine to soothe the nervous system. Long term benefits include reduced stress and anxiety levels, and increased feelings of calm and wellbeing.

Ready to start?

Fremantle Leisure Centre offers classes at 10:15 a.m. on Mondays and Fridays and 7:00 p.m. on Mondays and Thursdays. All classes are 90 minutes in duration. To get the most out of your yoga class, we suggest:

- Wear comfortable clothes and bring a blanket. Yoga mats are provided.
- Inform the Yoga instructor if you have a joint or medical condition so that they can advise against any asanas that may aggravate your problem. This includes such conditions as recent injuries, illness, pregnancy, surgery, high blood pressure, heart problems, or osteoporosis.
- No talking during class because it will disturb your own quiet focus and that of others in the class.



Lara Carroll, Fremantle Port's champion medley swimmer has had an exciting year with a long list of achievements added to what is already a colourful swimming career.

Carroll's 2005 was a huge success for the Australian 200m and 400m Individual Medley champion, capped off by winning Western Australia's first individual World Championship medal in seven years.

Lara added another accolade to her long list of achievements for 2005 at the ANZ Sports Star of the Year Awards recently held at the Hyatt Hotel in Perth.

Carroll said "It's a huge accolade to win considering there was such a strong field and to win it in the last year I'm eligible is so special. Each year I think the next year can't be as good as this one but things just keep getting better and 2005 was such a successful year I'm really pleased it's so great."

Lara was one of only two West Australians to compete in an individual final at the 2004 Athens Olympics finishing 6th in the 200m Individual Medley and went on to win Silver and Bronze Medals at the 2004 Indianapolis World Short Course Championships.

Recent national performances saw Lara win 1 Gold, 1 Silver and 1 Bronze medal at the Telstra Trials in Sydney and 2 Gold and 2 Silver Medals from the Australian Age Championships in Brisbane.

A Bronze Medal in the 200m Individual Medley at the Melbourne Commonwealth Games has ensured Lara is to have an exciting 2006! Lara is currently in Shanghai competing at the World Short Course Swimming Championships.

Lara trains with local coach Simon Redmond at the Fremantle Leisure Centre.



SWIM 'N' GYM MEMBERS

Did you know you are entitled to **10%** off the original price of merchandise at the Swim 'n' Gym shop?

Please present your card when making purchases to receive your discount!

SWIM SCHOOL NEWS



JUNIOR LIFEGUARD CARNIVAL

The latest in a series of Junior Lifeguard carnivals held across the metropolitan area was conducted at Fremantle Leisure Centre on Sunday the 2nd April, 2006.

The carnivals are run by the Royal Life Saving Society so our Junior Lifeguards can try out their lifesaving skills (acquired through their Junior Lifeguard sessions) against other clubs from other swim schools.

The turnout from our own JLC was awesome with some ten junior lifeguards turning up to compete. Unfortunately other clubs were unable to attend but this meant our club won some great prizes. Each participant received a hat and T- Shirt and also won two new life jackets for our swim school. Well done to our club members for your dedication!

We were also very privileged to have several of the West Australian representatives attend and while they demonstrated their amazing abilities, an exciting race off was run against our guys...the finish was extremely close (mind you we did have a reasonable handicap!!). Lifeguard competitions are held around Australia and with the next nationals being held here in Perth we think we may have uncovered some prospective talent for this upcoming exciting event. This is one of many exciting opportunities that may arise for our young members.

Our Junior Lifeguard Club is run on Saturday mornings. For any enquiries please contact Jo Foxton our Swim School Coordinator on 9432 9541.



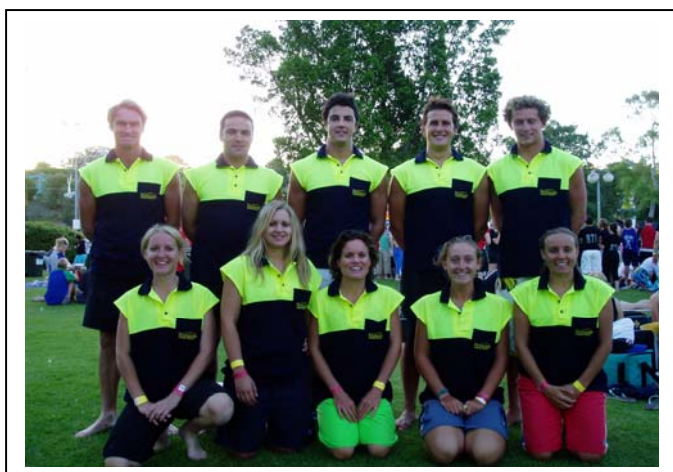
SECOND PLACE TO LEISURE CENTRE IN CHALLENGE CUP

The City of Fremantle took the challenge against the corporate world once again this year by entering a team from the Leisure Centre into the 2006 Adventure World Challenge Cup. As reigning champions they wanted to see if they could hang onto their 2005 title.

The team consisted of five girls and five guys going head to head in four exhilarating fun team building games. The events ranged from sliding across slippery soapy surfaces on tubes, to be spun around ten times wearing blindfolds and required to run through an obstacle course to shoot a goal at the end.

The team called the 10/70s, a code used by Leisure Centre staff when communicating on two-way radios meaning there's a "poo in the pool", takes the event very seriously with organised training sessions after their shifts.

The 10/70s played a strategic game using their joker in the first event, meaning double points if they won, and yes, they succeeded. Until the last event the 10/70s were equal first with the FESA team, yeah that's right, the fire fighters - always a tough ask when competing against these guys. It was always down to the wire, to be beaten by a team that was just a bit better on the night. The 10/70s finished second out of 40 teams, an excellent result. Well done.



Back row from left:
Mitch Renouf, Dax Penny, Josh de Buelle, Greg
Corlett, Ben Walker
Front row from left:
Kelly Tipping, Catlin Bridgland, Amy Whitcombe,
Michelle Vanderhor, Narelle Graue

PERSONAL PROFILE

Name:	James Annetts
Position:	Duty Manager
Favourite Food:	Roast
Favourite Restaurant:	Anything Chinese
Favourite Sport:	AFL
Favourite Movie:	The Castle
Life's Highlights:	Watching Northerly's second Cox Plate victory and the Swans AFL Grand Final victory
Likes:	Backing fast racehorses
Dislikes:	Backing slow racehorses

