

With spring upon us and the days gradually becoming warmer, this is a friendly reminder directed to parents and guardians to raise the awareness and improve their parental and guardian supervision.

There have been 4 drownings in public aquatic facilities in Western Australia between December 2000 and March 2004. The majority of these drownings involved those aged younger than 12 years old; lack of supervision was a contributing factor.

Children need supervision because they are less likely to:

- Identify a potentially dangerous situation than a responsible adult.
- Stop themselves from participating in a potentially dangerous situation once they are aware that danger exists.

The Leisure Centre is affiliated with the Royal Life Saving Society in the awareness for improved parental and guardian supervision. Below is the Centre's Watch around Water Policies.

- Children under the age of ten (10) will not be admitted without an appropriate parent/guardian.
- A child under the age of ten (10) years must be constantly accompanied by an adult while in the Aquatic area of the Centre. The parent/guardian must position himself or

herself to have a clear view of the child with no physical or structural barriers between them and the child.

- A child under the age of five (5) years must be constantly supervised by an adult. Adequate supervision requires the parent/guardian to accompany the child in the water and remain within arms reach of the child at all times.
- For children ten (10) years and older parents must use their knowledge of the child's swimming ability to determine the level of accompaniment required.
- Groups will not be admitted where the number of Parent/Guardian's supervising a group of children under five (5) exceeds the ratio of 1:4.
- Groups will not be admitted where the number of Parent/Guardian's supervising a group of children under ten (10) exceeds the ratio of 1:10.
- Children under the age of five (5) will not be admitted without an appropriate full-fee paying parent/guardian who is prepared to swim.
- A parent/guardian is regarded as a responsible individual who is over the age of sixteen (16).
- Unsupervised children will be removed from the water and placed in a safe area until collected by the parent/guardian.
- An unsupervised child of poor swimming ability regardless of age will be removed from the water by a staff member if the staff member is concerned for the safety of that child.

The Centre has finally been given all the relevant approvals to go ahead with the Swim School area in the 25 metre pool. The PVC structures that have been in the pool for the past two years are about to go. Commencing mid September, work will start on building a 13 metre wall on top of the 13 metre safety step, this will create a designated swim school area within the existing pool with each of the walls having a safety ledge for the children to stand on.

This will provide a safe resting location for children that are unable to reach the pool floor, improve programming and allow public access for general activities outside of swim school hours.



Welcome to Maurice and Cath our new Café proprietor's. Both Maurice and Cath have been working hard over the last couple of months to make a noticeable change to the appearance of the Café, we wish them well with their new business.

FRED SWIM TEAMS – TAKING A STEP BACK

The winter of 2006 saw an interesting coaching decision not to compete over the May to October period. This is a decision that has proved very successful for the world class programme. Great skills and endurance are both vital elements to long term success. Taking the winter season off from competition allowed all of our swimmers the opportunity to concentrate and focus on skill development without the complications of racing. Regular racing without good technique only serves to reinforce bad habits. We are already seeing times vastly improved over our team's best efforts of last year, and have a group of youngsters who should qualify for their first ever national titles.

The main high performance group all want to be at the Beijing Trials in 2008 and they are certainly on track.

The younger athletes and their parents have also enjoyed the break from competition. We have put in place a lot of fun activities and coaching strategies that ensure those who stay with us over winter not only get the very best coaching but also the team building "fun" challenges. We have record numbers in the mini squads (7yrs - 9yrs) and we are only going to grow as we move closer to the warmer weather. The Leisure Centre management and staff have done a great job keeping the water warm this year given the extreme temperatures and winds. Despite the weather our clients still prefer the healthy environment of an outdoor pool.

We will introduce a new "boys squad" to be taken by Simon Redmond. This is a pilot programme designed to ensure boys who develop a little later than girls are grouped together in an environment that accommodates their own particular needs. It is designed to be fun, exciting and certainly challenging as each boy will learn their own strengths and how to maximize them as they train toward their first school carnival in 2007. Targeting 8 and 9 year olds the squad will be based on the title "8 is Great".

The 25m pool closure will not affect our programme at all; in fact it will give the coaching staff a chance to all work side by side as they coach the programme in the 50m pool. It is a great system that we may seek to duplicate in some way next year as I am convinced that bringing the coaching staff together at this time of year will ensure we are all clear on our targets and skill development as we move toward summer. We have a great team of parents, coaches and swimmers at Fremantle, combined with the support of the Leisure Centre management and staff, how can we not be the most popular programme in the area?

Simon Redmond

STAFF PROFILE

Name:

Cristina Miroui

Position:

Full Time Permanent Receptionist

Favourite Food:

Mums Cooking and BBQs

Favourite Restaurant:

Al Dente Pasta and Red Dragon

Favourite Sport:

Walking my two beautiful dogs

Favourite Movie:

American Pie Trio, Donnie Brasco, Boondock Saints, Shawshank Redemption, Usual Suspects, Lock Stock and Two Smoking Barrels and many more...

Life's highlights:

Returning to my birthplace Romania after 18 years for my sisters wedding and to see lots of family.

Would like to meet:

The cast of Friends and all Dockers players

Dislikes:

People that don't smile at 5:45am, people that don't have a sense of humour and people that aren't clean.



SWIM SCHOOL NEWS



"NEW" DOLPHINS LEARN TO SWIM Special Needs Program

DOLPHINS will be programmed during school terms on Tuesday afternoons after 3.00 pm and Wednesday mornings beginning 17 October 2006. The classes are 30 minutes in duration. The cost is \$15.50 (one in class) and \$10.50 (two in class).

"NEW" ADULT Lap Swimming

This new term program will be held on Wednesday mornings at 9.30 am. We are taking bookings from 18 September and the cost is \$10.25 per week. Sessions are 45 minutes with a maximum of ten (10) per class. A qualified instructor will be on hand to supervise and promote stroke correction. Equipment is provided.

TEENSWIM Lap Swimming

This term program has been designed for teenagers who want to maintain swimming fitness but only want to swim once a week. Students must be able to swim 25 metres. If you are interested in enrolling in this program, please express your interest to Jo Foxton - Swim School Coordinator.

JUNIOR LIFEGUARD CLUB

JLC combines fitness, learning and participating in lifesaving and lifeguarding skills, and aims to achieve personal goals. The Junior Lifeguard Club competes against other clubs with a carnival scheduled for Freo next year. The focus is on fun and participation and not winning. Royal Lifesaving Society run the day and conducts lifesaving events and provides lots of prizes.

JANUARY HOLIDAY PROGRAM 2007

Pre School (3-5years) School Age (5years+)

What we have to offer:

- Pre School classes with a maximum of 4 students - conducted in a pool heated 32- 34 degrees
- School Age class sizes range from 4 - 10 children as children become more capable in higher levels
- Entry fees includes entry for the student enrolled in our program and one spectator.
- Priority pool space
- Value for money

Series 1: Four (4) Lessons Tuesday 2 Jan. - Friday 5 Jan

Series 2: Five (5) Lessons Monday 8 Jan. - Friday 12 Jan

Series 3: Five (5) Lessons Monday 15 Jan. - Friday 19 Jan.

For more information regarding any of the Learn to Swim programmes, contact either Kelly or Jo for more information.

WELCOME ELLIPTICALS!



By now you should have noticed the new cardio additions in the gym. Two Elliptical Trainers have been added to the cardio line-up to replace the now obsolete FreeRunners.

Elliptical exercise machines provide low-impact, weight-bearing exercise which is easy on your joints. Your feet never leave the pedal, thus totally eliminating the constant pounding you are subjected to when exercising on a treadmill or on the road. An elliptical cross trainer will provide you with an intense, full-body workout. The fluid elliptical motion of a cross trainer will give your upper and lower body a complete workout. Ellipticals let you exercise your arms, chest, back and legs without putting a lot of stress on your joints. Regular training on an elliptical trainer burns calories, and will increase heart and lung capacity while improving your overall health and well-being.