

INTERVAL TRAINING

Interval training is broadly defined as repetitions of high-speed/intensity work followed by periods of rest or low activity. It can refer to any cardiovascular workout (i.e. cycling, running, rowing) that involves brief bouts of near maximum exertion interspersed with periods of lower intensity activity.

It is believed by many in the fitness industry that this method of training is more effective at inducing fat loss than simply training at a moderate intensity level for the same duration. As recently featured on the television program *"What's Good For You"*, Professor Steve Boutcher from the University of New South Wales researched *"what is the least amount of exercise you can do to reduce the greatest amount of fat"*.

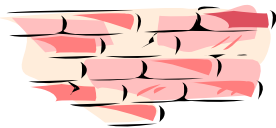
With 2 groups of volunteers, Prof. Boutcher had one group cycle at a steady pace continuously for 40 minutes. The other group cycled for 20 minutes alternating between sprinting and slow pedalling. Neither group changed their current diet.

So which group lost the most weight after the 15 week trial? The Interval Training group! This group also improved their aerobic fitness faster and reduced their insulin sensitivity (great news for diabetics!). But the big result was the sprinters in the interval group averaged three times the weight loss of the steady cyclists.

Why does interval training burn off more fat? Because it significantly elevates a hormone called catecholamines which are important messengers to tell the cells to burn fat.

But remember, the key is timing the intervals precisely. Sprint for 8 seconds almost flat out and then slow pedal for 12 seconds. Build up to this for 20 minutes, three times per week, and you will go from slug to slim. A word of advice – if you are unfit you will need to build up slowly. Seek advice from one of our gym instructors before you start your program.

THE WALLS COME TUMBLING DOWN



Great news! We have received approval to proceed with renovations to the fitness centre. Plans have been made to expand the group fitness room from its current 62 sq. m. to 95 sq. m. This project will see the demolition of one wall to expand into the old change room on the other side. This expansion will allow us to safely increase the number of participants in our group fitness program, thus accommodating demand.

The other part of the renovation will include expanding into the area that used to be the women's change room to build a fitness assessment/consultation office. The addition of this room will not only provide privacy for our clients during assessments but will also free up space on the gym floor.

The contractors have assured us that they will make every effort to proceed with minimal disruption to our programs and facility. However, some disruption is to be expected and patrons will be notified as the construction timeline unfolds. *Watch for signs and notices posted at Reception and in the Gym.*

GET TO KNOW YOUR BODY

Have you stepped onto the body composition monitor in the gym yet? This is a very quick and non-invasive tool that will give you insight into the key health indicators that will enable you to monitor the impact of your fitness program and diet on your well-being.

Body composition assessment allows you to track your:

- ✓ Total body weight
- ✓ Body fat percentage
- ✓ Body water percentage
- ✓ Abdominal fat
- ✓ Muscle mass
- ✓ Bone mass
- ✓ Physique rating
- ✓ BMR and metabolic age

Make an appointment with one of our gym instructors to have your body composition assessed...*it's quick and easy, informative and motivational!*

FROM THE MANAGER

Finally we seem to be experiencing a reasonable winter, this is evident by the damage that the Centre has experienced due to strong winds and rain. I have received friendly reminders requesting that something needs to be done about the plastic PVC blinds around both the 25 metre/playground pool and the Program/Hydro pool. I am delighted to say that we have received funding to replace the existing blinds and this project will commence shortly.

As you may be aware, the Centre is no longer producing its own pool water disinfectant (hypochlorous acid) through salt electrolysis. Over the past two years the system has slowly become non-operational as it is non-economical nor practical to replace. Chlorine gas is now the primary means of disinfecting the pool water in all pools with the exception of the Program/Hydro pool which is chlorinated by liquid chlorine (sodium hypochlorite). There are various advantages in using chlorine gas over other types of disinfectant. Firstly, it is one of the most efficient substances in killing micro organisms and bacteria and secondly it is simple and safe for operators to use.

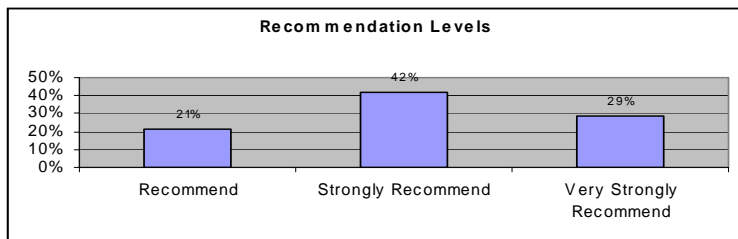
As you may recall, in April this year the Centre conducted a Customer Satisfaction Survey. The survey was conducted by the University of South Australia and aims to measure against previous year's results and benchmarks set throughout similar facilities in Australia. There were a total of 297 questionnaires completed over a two week period with the respondents from Health and Fitness, Swim School, Crèche and Aquatic users. The results from the questionnaires were then analysed and documented into a detailed report. The results have been very pleasing and useful for considering the future development and management of the facility.

Table One Overall Satisfaction



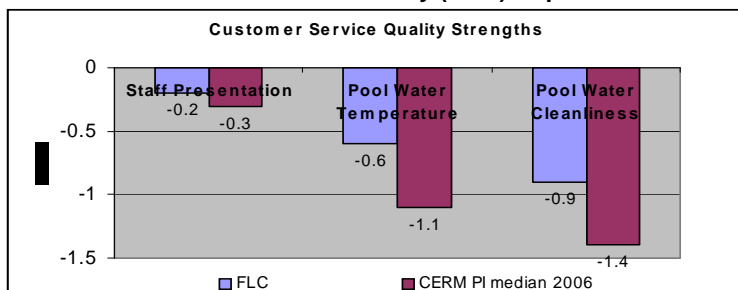
Respondents were asked to rate their 'overall' satisfaction with FLC. The scale used for this question ranged from 1 'very dissatisfied' to 7 'very satisfied'. In 2007, FLC's mean overall satisfaction was above the CERM PI median for aquatic centres. Please note the maximum score is 7.

Table Two Recommendation Levels



Ninety-two percent of customers indicated they would 'very strongly recommend', 'strongly recommend' or 'recommend' the centre to others.

Table Three Customer Service Quality (CSQ) Gaps



Expectation measures refers to the extent to which customers believe a particular service attribute should be provided. The **performance** measures the level of provision of a service attribute. Please note, in this graph a short column denotes a more positive performance.



CONGRATULATIONS JAMES ANNETTS FOR 10 YEARS OF SERVICE

You know James, he is the one that makes the water cold.

James started his employment with the City of Fremantle at the Leisure Centre in 1995, moving from the east side of Australia far far away from a marriage proposal.

James, also known as "Jim", started his illustrious career at the Leisure Centre as a guard harnessing his customer service skills and polishing his jocular sense of humour making Jim a leisure centre name not to be forgotten. Jim was promoted to Duty Manager in 1997 and started his assault on the formation of the perfect aquatic team, from once thrashing the pool deck for floating patrons and swearing kids, to chasing down guards with a majestic haunting of beam me up scotty. Jim can materialize out of nowhere chasing down a contractor or a guard with a Mate, dude, bloke, where is your name badge, John East said. . . and if you have done a real good job the occasional "you're a star" (sticker not included).

Jim has a fantastic repour with all the clients and if his name is not known his voice sure is. Have you ever seen the coffee cup on deck? That's his too.

The staff all have their favourite Jim moments and I dare say there are a few patrons alike who can chuckle to a Sydney Swans story, or the years when he was a buff swim suit model, or dabbling in horticulture with round up.

Jokes aside, Jim is a fantastic guy to work with, knows everyone who enters the centre and understands the operations with exception to the boiler occasionally.

If you see Jim on deck say hi, congratulate him, and throw in a "where did Sydney finish on the AFL ladder Last year"?

FREO SWIM TEAM NEWS

The Swim Team is on a mission – A mission to raise \$1 Million Dollars for the SIDS Foundation. In June this year, Fremantle swimmers aged from 7 to 18 years swam a lapathon and in combination with a street appeal (including their own SID Bear) which raised just over \$9,000.00. "We have a goal to reach \$10,000 and we always like to hit our targets". So if anyone would like to help us close up the remaining \$800.00 please leave your donation with the reception staff. I have already spoken to several other WA swim clubs and next year we will all target \$100,000.00. If that is successful, we want to take it to Australian Swimming Inc and have an annual AUSTRALIA SWIMS FOR SIDS day. If we get Australia involved and our little club has lead by example with \$10K then \$1 Million is very achievable. It's a big idea but with wonderful consequences for the SIDS Foundation.

Add to this the success of our swimmers at the recent State Championships and its obvious recent changes to our program have proven very beneficial. Our girls won every relay on offer and their times were very fast indeed. Our 12yrs and under boys took gold in the Medley relay. I believe we already have the psychological edge on some of our opposition but we are very aware that the summer States will be even more of a challenge. We have 5 athletes going to Melbourne to swim against Australia's best and each will gain invaluable experience before they head to the Beijing Olympic Trials in March next year. Aged between 14 and 15 years, the newest group will be very powerful in 2012, the year for the London Olympics. We'll let you all know the results in the next newsletter. Good luck to the team.

We would like to say a special thanks to the winter regulars at Fremantle Leisure Centre who constantly ask after the athletes and who show such support to our endeavours. A recent comment to me was "you can't play football but gee you swim well". Thanks everyone, we hope we can make you all proud to be Freo Swim Team supporters.
Regards to you all.

Simon Redmond

SWIM SCHOOL NEWS

SWIMMING

AQUATIC EDUCATION



Our centre provides enjoyable, safe swimming sessions for people of all ages, starting from four months through to adults. Our objective is to teach the necessary skills for individuals to learn life skills in water.

Our pools are heated all year round and all our Instructors are Austswim qualified.

If you are interested in enrolling and would like information on any of our programmes please call reception on 9432 9533 or Jo Foxton – Swim School Co-ordinator on 9432 9541 or email joannef@fremantle.wa.gov.au.



Adults 18 +	(Individual or groups)
Aqua Babies	4 months – 3 years
Pre School	3 – 5 years
School Age	5 years +
Junior Lifeguard Club	10 years + / 12 years +
Dolphins – Special Needs	All ages

Enrolments for next term start 4 October 2007

Please note that if you intend to enrol on this day you are required to book a time by calling reception on 9432 9533.



MASTER GAMES

A multi sport festival for sports people. Events include athletics, swimming, golf, netball, hockey, lawn bowls, and tennis with many more. The games commence Friday September 21 and conclude Tuesday September 25. For more information you can collect a registration and information booklet from the reception desk at the Centre or go to www.fremantlemastersgames.com.au or contact the games coordinator Leigh Davis - Phone: (08) 9432 9724.

VACANCIES FOR TERM 4 2007 Commencing October 15, 2007



Dolphins – Special Needs Swim Program
One on One \$16.50 (30 minute session)
For further information, please call Swim School
Coordinator on 9432 9541

staff profile

Name: Jodie Thomson
Position: Aquatic Supervisor
Favourite Food: Elva's chillis
Favourite Restaurant: It's a secret
Favourite Sport: Swimming and Cycling
Favourite Movie: 237
Life's highlights: Meeting Eva Fekete second only to working with John East
Would like to meet: Someone who says the water is not cold
Dislikes: Religion and soft people

