

# STRESS SYMPTOMS

effects on your body, feelings and behaviour

Stress symptoms often mimic symptoms of other problems. You may think illness is to blame for that nagging headache, your frequent forgetfulness, or your decreased productivity at work. But the common denominator may be stress. Indeed, stress symptoms can affect your body, your thoughts and feelings, and your behaviour. Stress may be affecting your health, and you may not even realize it. Recognize common stress symptoms – then take steps to manage them.

Effects of Stress...		
...On your body	...On your thoughts and feelings	...On your behaviour
<ul style="list-style-type: none"> <li>• Headache</li> <li>• Chest pain</li> <li>• Pounding heart</li> <li>• High blood pressure</li> <li>• Shortness of breath</li> <li>• Muscle aches</li> <li>• Back pain</li> <li>• Clenched jaws</li> <li>• Tooth grinding</li> <li>• Stomach upset</li> <li>• Constipation</li> <li>• Diarrhoea</li> <li>• Increased sweating</li> <li>• Tiredness</li> <li>• Sleep problems</li> <li>• Weight gain or loss</li> <li>• Sex problems</li> <li>• Skin breakouts</li> </ul>	<ul style="list-style-type: none"> <li>• Anxiety</li> <li>• Restlessness</li> <li>• Worrying</li> <li>• Irritability</li> <li>• Depression</li> <li>• Sadness</li> <li>• Anger</li> <li>• Mood swings</li> <li>• Job dissatisfaction</li> <li>• Feeling insecure</li> <li>• Confusion</li> <li>• Burnout</li> <li>• Forgetfulness</li> <li>• Resentment</li> <li>• Guilt</li> <li>• Inability to concentrate</li> <li>• Seeing only the negatives</li> </ul>	<ul style="list-style-type: none"> <li>• Overeating</li> <li>• Under eating</li> <li>• Angry outbursts</li> <li>• Drug abuse</li> <li>• Excessive drinking</li> <li>• Increased smoking</li> <li>• Social withdrawal</li> <li>• Crying spells</li> <li>• Relationship conflicts</li> <li>• Decreased productivity</li> <li>• Blaming others</li> </ul>

Introducing a new class to the  
Group Fitness Schedule!

## DANCE FIT



WEDNESDAYS 10:15 AM

This class incorporates various styles of dance such as Belly Dance, African, Hip Hop and Latin with some yoga postures for strength, flexibility and conditioning. A fun and energizing workout!

Come ready to move and groove.

### ATTENTION

#### AQUAFIT PARTICIPANTS

The fitness industry is experiencing a serious shortage of qualified fitness instructors for both land and aqua based group fitness classes.

Due to this lack of instructor availability,

*The Saturday  
7:10 am  
Aqua Deep Class  
is cancelled  
for the winter.*

The class will resume again on  
**Saturday, September 6**  
with instructor Kelly Tipping

Welcome to our winter edition newsletter! Don't ask about the gas situation...

As you all would be aware, the gas explosion that occurred on June 3 at the Apache Gas Processing Plant in Varanus Island has had a significant impact on our operation.

Management received notice from Alinta Gas on Tuesday, June 17 that the gas supply to the Centre was to be 100% isolated effective immediately. There was no negotiation or any indication on how long this was going to impact the Centre. Management went into a wind down phase by isolating the gas supply to the gas boilers, cancelling programs and advising public.

Within hours, the Centre was invaded by the media investigating the forced shut-down of our pools.

Twenty fours later Alinta Gas did a back flip with the notice that we received on Tuesday afternoon when we were advised they would be shutting down the gas supply 100%.

I am delighted to say we have resumed heating the swimming pools and all pools are open apart from the Leisure Playground Pool, which was scheduled to

close after the school holidays in July for all of Term 3. We will reopen our Playground Pool late September.

The Leisure Centre has taken measures to reduce gas consumption by slightly lowering the water temperature by 1 – 2 degrees.

It was unfortunate that Alinta Gas did not think this through as it has caused enormous damage to programming, staffing and the business. It could have been prevented if an initial consultation had occurred.

The remaining three (3) weeks of the Learn to Swim Program was cancelled which impacted over thirty (30) Swimming Instructors; they were left wondering when their next pay cheque was coming.

The situation is being continuously assessed and monitored with contingency plans in place to respond if the swimming pools are forced to close due to the gas supply being cut off in the future.

We thank you for your continued loyal support during this challenging time.

*John East*  
Centre Coordinator

*It is the return of the quiet time of the aquatic season. The regular swimmers are again indulging "their" own favourite lane to themselves after having to share over the summer period with the influx of those less hard core athletes, inflatable crocodiles, and illusive kids swimming across the lanes. It is now the aquatic team's turn to interrupt your swimming pleasure for professional development training.*

*To ensure the aquatic team are in tip top condition to respond to emergencies that could occur within the facility we will be conducting a number of emergency simulations. These will vary as the aquatic team deal with varied situations. Last summer the swimming pools were evacuated on four occasions to search for lost children; pool evacuation is the last step for the aquatic team in response to a lost child search prior to calling emergency services for assistance. All children were located and emergency services were not required.*

*This example signifies the importance of our training for the venue, so if there is a resuscitation mannequin on the ground, emergency resuscitation equipment, lifeguards running around pool deck blowing whistles, sirens blasting please follow the directions given by the staff as this training is of substantial importance to our knowledge and your personal safety.*

*Have a safe and enjoyable winter with the Fremantle Lifeguard Team*



# SWIM SCHOOL

**TERM 3 2008**

New Enrolments commence Thursday 10 July from 9:00am.

Due to the gas crisis the temperature of our pools is now approximately 1-2 degrees cooler. We will not be taking enrolments for AB1 classes as the reduced pool temperatures are not suitable for babies under 6 months of age. If there are any further disruptions due to gas supply the centre will gladly offer a credit towards the next term. Management apologises for any inconvenience.

## **SWIM SCHOOL NOMINATED FOR NATIONAL SWIM SCHOOL OF THE YEAR**

Last year Fremantle Leisure Centre Swim School won the Austswim WA Swim School of the Year award. We have been nominated for the Austswim National Award in the category of Swim School of the Year. The winner will be announced at the Annual National Conference Awards Dinner in Adelaide on Saturday 12 July.

The nomination criteria is based on how the organization has made significant and tangible contributions towards educating the community on water safety, the wide scope of swimming and water safety programs we cater for, and our commitment to developing swimming teachers with ongoing professional development opportunities.

## **JUNIOR LIFEGUARD CLUB**

This one hour session each Saturday comes to you with a regular coach in a serious fun format. Your child will learn and encourage others in the group to achieve personal goals, learn lifesaving and lifeguarding skills while maintaining your child's swimming skills and fitness.

We recommend that students complete Mantarays in our School Age Program before joining our Junior Lifeguard Club. Swimmers may wish to enrol in their regular class as well as JLC.

New students to our program must produce a Stage 10 Certificate or book in for a free assessment at our Reception.

Brochures on our JLC are available from Reception or for more information please contact Jo Foxton, Swim School Coordinator on 9432 9541.

## **FEES AND CHARGES INCREASE**

**Effective August 1, 2008**

Like everything, service costs are continuing to increase and unfortunately we have had to make slight increases to our fees and charges to cover some of our operational cost.

A list of the new fees and charges can be collected from reception.

## **ARTHRITIS CLASSES TEMPORARILY CANCELLED**

**After 12 years of service Carolyn Adams is saying goodbye, with Carolyn's busy schedule she is no longer able to continue with the Arthritis Classes.**

**Centre Management is in the process of replacing Carolyn, but in the interim the pool space on Tuesday and Friday from 1:30pm – 2:30pm will still be available for those who want to continue to do their own thing.**

## **staff profile**

**Position:** Swim School Officer  
**Favourite Food:** Mums Pumpkin Risotto  
**Favourite Drink:** Coke  
**Favourite Restaurant:** Sandrinos  
**Favourite Sport:** Netball and Footy  
**Favourite TV Series:** Underbelly  
**Favourite Holiday:** Bali 07



# squad news

What an amazing life we get to lead sometimes. I can only feel for those involved in the gas explosion that has caused so many people so much turmoil. For many of us the mistakes we make are often unseen and we can rectify them if they cause a problem. For a fortunate few – they don't even know they made a mistake, but for these people – well lets just say I have not had a day as bad as some of them have had in a long time.

HOWEVER such circumstances can often bring people together. My family now gather each night around one gas heater (burning on low) to stay warm and enjoying some fine story telling. Steven Spielberg had his family telling stories. Each took their turn in telling a small part of a make up story. Each section was kept short and then when the individual had finished his / her few sentences they would "pass it on" to the next family member to continue the story. It's lots of fun.

Speaking of fun... I am thrilled to see so many of our squad members still in the water. The adult squad is flying, the Bronze squad (9 – 10yr olds) is at it's highest standard ever, and a special mention of the 10 new Bronze squad graduates including our youngest ever being a talented 8 year old girl from East Fremantle Primary School. All still training hard despite the cooler water.

Finally I want to thank the staff at the Fremantle Leisure Centre for the wonderful job they do. Regularly I hear complaints being thrown at the staff often by angry swimmers who are upset at someone else but feel more comfortable giving a serve to a lifeguard who has not done a thing wrong. Yet they keep smiling and doing the job. Well it's not their fault the gas is restricted, it's not their fault the weather drops to 2 degrees, it's not their fault the wind picks up at night and they cant put the pool covers on..... so maybe before next summer - WE – the "regulars" .... can give them a pat on the back for the effort they make.... ....Just a thought.

Happy swimming everyone.

*Simon Redmond*

Head Coach

## GOODBYE AND GOOD LUCK KATE DAVIES November 2004 - July 2008

As some of you are aware we are about to lose an important member of our team, permanent Customer Service Officer, Kate Davies. Kate has been with us since November 2004 but leaves us to join the Western Australia Police Force.

Over the years Kate has made us all laugh with her innocent sense of humour; she will be dearly missed, not just by her colleagues but by our loyal members and facility users.

We feel we have prepared Kate nicely for her new career and know that she will make an excellent copper.

