

# Swimming in Success

I am pleased to advise you that we have three girls aged 14 or 15 years of age who have now qualified to go to the Beijing Olympic Trails in March next year. At least Lara won't be alone and it will be terrific to see all four in a relay representing Freo. There are at least another 3 girls who are within a few 100's of a second of also gaining qualifying levels and therefore participating in the Olympic Games trails. We could have as many as 6 new qualifiers. Given their age we are hoping to get one or two of them into semi finals at this stage but as you'll all appreciate, the competition will be fierce. However, Freo swimmers are certainly tough enough to handle the pressure.

To all asking about Lara Carroll – she has had some time off to recover from a string of virus infections (it's been a rotten winter for many of you I know), and will hopefully return to her training soon. Beijing is a long shot now but if she returns and is able to train hard we may have a small chance yet.

Our club recently hosted the swim meet for the Fremantle Masters Games and the feedback has been terrific. It seems many people had a very good time and an even better one after leaving the pool and moving to Clancy's – well done to all competitors.

We followed up the Masters meet with our own Fremantle Rock-Tober Swim festival which we run at Challenge Stadium. We had record attendances and a hugely successful day. Our swimmers are now starting to hit their straps and are moving forward toward the summer state Championships.

I am pleased to announce that the swimmers and their families did indeed hit the \$10,000.00 target for the SIDS foundation. You may recall in the last newsletter we were hoping to raise that amount and we did indeed make it. A giant cheque was presented to SIDS last weekend much to their delight. So again to all who helped us – THANK YOU from Fremantle Swim Club and from the SIDS Foundation.

Finally – Summer is nearly upon us and so to are the increased swimmer numbers. This is that wonderful time of year when we get to share the pool space with so many others. So chin up – keep smiling and we'll try to keep you all proud of your Fremantle Swim Team.

Regards

*Simon Redmond*  
Head Coach / President

## BEWARE THIEVES AT WORK!



Reminder as we move into warmer weather the increase of theft rises. Management recommends that centre users leave their valuables at home or the locker's provided.

Have you ever thought of being a Swimming Instructor or a Lifeguard. The industry is currently experiencing a shortage in these two areas. If you are interested in doing some casual work and would like to know more information see Jo Foxtton for Swimming instructing or Jodie Thomson for Life guarding.

## FROM THE MANAGER

We are all gearing up for another summer; policies and procedures have been reviewed, capital projects are completed and new staff are being employed.

Many people have asked with the introduction of day light saving will the centre be extending the hours. The short answer is no, however, we will continue to monitor attendance levels up to 8pm closing time and if there is significant demand we will review the closing time.

The centre has an excellent safety record and wants to ensure it continues. We would like to remind parents and guardians with young children about the partnership of responsibility. The centre is involved in an industry initiative called *Watch Around Water*. This initiative enforces that parents and guardians need to be constantly watching their children around water. Following 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.

Please welcome our latest recruit to the Fremantle  
Leisure Centre team, John Townsend →

John commenced on 2<sup>nd</sup> October 2007 as a full  
time Lifeguard. After 27 years with Australia  
Post, John sought to combine his love of  
swimming and fitness with a complete change in  
careers (we hope you enjoy the change John).

So when you are next taking a dip in the pool or working out  
in the gym, don't forget to say hello to him!



# SWIM SCHOOL NEWS



## **Congratulations! Fremantle Leisure Centre wins the 2007 Western Australia Swim School of the Year.**

Well done to Team Leaders Swim School Coordinator - Jo Foxton (operational) c and Customer Service Coordinator – Kelly Halse (enrolment and promotion).

Jo Foxton (left) a leader in the field of swimming instruction has developed a successful program over the years. The programme caters for all age levels from 4 months to adults, and operates seven days a week with up to 370 classes per week. Jo has an excellent group of experienced qualified instructors that all have a passion for teaching swimming.

The application was assessed by Austswim Australia and is based on the following criteria –

1. How the organisation has made significant and tangible contributions towards educating the community on water safety.
2. How the organisation provides a wide scope of swimming and water safety programs catering for all ages, abilities and community groups.
3. How the organisation displays a commitment to developing their swimming teachers by providing ongoing professional development opportunities.

The Fremantle Leisure Centre swim school will be automatically nominated for the national award early next year. Well done to all the Leisure Centre staff, it's a fantastic team effort.

## **SWIM SCHOOL TERM 4 VACANCIES**

Aqua Babies/Pre School/School Age  
Limited vacancies  
Enrolments for Term 4 end November 11

**Special Needs**  
Tuesday afternoons  
Learn to swim for all ages

**Teenswim**  
Thursday 5.25pm  
12+ years  
Swim for fitness

**Adults**  
Non swimmers to stroke correction

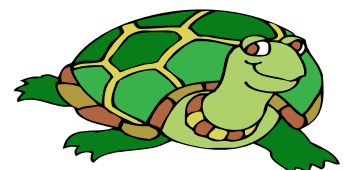
**Please enquire at Reception  
for more information**

**FRE  
MANTLE  
LEISURE  
CENTRE  
SWIMMING**

**DURING  
JANUARY  
2008**

**TIME TABLE  
OUT NOW**

**SEE  
RECEPTION**



# Bigger is Better!

By now you should have noticed our new and improved space in the gym.

The Fitness Room has undergone an expansion adding another 30 square metres plus the addition of a storage area for fitness equipment. This larger area will allow us to accommodate more participants in our ever popular group fitness program.

There have also been changes made in the gym area. The addition of a purpose built room for fitness assessments and consultations will ensure privacy for our clients. And by relocating the Gym Instructor's desk, a larger area for stretching and mat exercises has opened up.

## BIRTHDAY PARTIES

An Inflatable Crocodile Adventure is available for exclusive use by birthday groups. The cost of hire is \$85.00 for the first hour and \$40.00 each subsequent hour, this includes a professional Lifeguard to make the event enjoyable and stress free. The Inflatable Crocodile Adventure is available on Saturday's from 1.00pm – 4.00pm and Sunday's from 11.00am – 4.00pm and is located in either the 25m or 50m pool. Ask our friendly receptionists about our 10 Visit Passes to cater for the party go-ers and the special birthday person receives free entry.



## SUMMER AQUA FIT

Yes, summer is almost upon us...warmer days, more sunshine and more people participating in our Aquafit program!

For safety reasons, it is necessary to limit the number of people in the aquafit classes. Therefore, we are re-introducing the card system. Please obtain an ENTRY CARD at reception when you sign in. Cards must be surrendered to the instructor on deck. We ask that you give the card directly to the instructor and not leave them on the benches or in your bags. There is a maximum of 25 people for aquafit in the shallow water and a limit of 20 people for aquadeep.

Please arrive early to ensure your place in the class!

## staff profile

Name: Kate Davies  
Position: Permanent Customer Service Officer  
Favourite Food: Seafood  
Favourite Restaurant: Clancys Fish Pub in Applecross  
Favourite Sport: Water Polo  
Life's highlights: Meeting Kingsley  
Would like to meet: Benny Cousins  
Favourite Movie: Pirates of the Caribbean  
Dislikes: Winter  
Likes: Summer and having fun with mates

