

SWIM SCHOOL NEWS

Following our recent winning of the Austswim Swim School of the Year Award 2007 we thought it might be nice to publicise some positive comments received from our clients regarding some of our swim programs.

Aqua Babies

"Fabulous – the babies learn to hold their breath and not to panic if they fall in" Michelle

"This program has been wonderful. My daughter just loves it and gets very excited when we hit the car park cause she knows we are at swimming" Kelly

Pre School

"I think this program is great. Learning to swim in the Hydro Pool has taught my son not to be afraid of deep water" Jennifer

"This is a great foundation for future swimming – all my kids have gone through this program. I have always been very happy with the teachers and the precise learning in this pool" Bec

School Age

"I am very impressed with the swimming technique my son and daughter have learnt swimming here. The teachers they have had have been great" Sue

"I can't swim so it was very important to me that my children learn to swim. The survival skills they learn in this program are excellent" Toni

Teenswim

"Thanks for putting such a fantastic program together for my son. He really loves it" Jane

"Fantastic! Teenswim has given experience, extension and endurance, providing further strength to my son's swimming" Vanita

Pre Squad

"This has been such a positive experience for my son. He wasn't quite ready for squads so this program was encouraging of his swimming ability and added further interest with learning new squad skills" Helen

Dolphins - Special Needs

"This program has enabled Ben and Angus to gain valuable life skills in water and has given them an avenue to gain friendships and success. Jeremy's patience is a true gift" Teresa and Judy

staff profile



Name:	David Smither
Position:	Permanent Duty Manager
Favourite Food:	Indian Curry
Favourite Sport:	Motorcycle Racing, Hockey and Swimming
Life's highlights:	Birth of my Children and Grandchildren
Favourite Movie:	Lord of the Rings
Dislikes:	Pumpkin and Cucumber
Likes:	Working with Jodie





FREMANTLE NEWSLETTER Volume 11 Christmas Edition

It's that time of the year again where we all seem to say "I don't believe its Christmas and where has the year gone..."

This newsletter edition is our summer issue yet I wonder when summer is actually going to arrive, I'm convinced that we are experiencing a global climate change, with droughts through winter and below average conditions with rain during summer.

2007 has been an exciting year for the Leisure Centre with some of our achievements including:

- Swim School of the Year
- Winners of WALGA (Western Australia Local Government Association) and RLSS (Royal Life Saving Society) Lifeguard Challenge
- Installation of new gas boiler
- Installation of new disinfectant system
- Replacement of plastic awnings to 25metre and Program pool pavilions
- Expansion to gym fitness room and new fitness appraisal room
- Constructive discussion's on the future of the Leisure Centre and Fremantle Park
- No major incidents and increases to all centre programs and general attendances

Fremantle Leisure Centre would like to take this opportunity to wish all of our members and users a very Merry Christmas and safe and prosperous New Year.

Due to several suggestions from public, we are pleased to advise that we have introduced lane availability to our website. So if you want to know what's on and what pool space is available you may want to check it out:

<http://www.freofocus.com/facilities/resource/pool-availabilty.xls>

OPEN DAY

On Sunday, December 16, the Centre had its annual Open day and Christmas breakfast, the day was slightly dampened with the ordinary weather, however the day was still a lot of fun. A free breakfast was served and plenty of activities for everyone including both senior and junior crocodile's in the pools, bouncy castle, Buster the Fun Bus, treasure hunts and a visit from Father Christmas.



Swim Squad - Coaches Report

For something a little different I want to talk about our adult squad, instead of the youth program. In December of 2006 I was required to take over the morning program which is largely made up of fitness swimmers, retired competition swimmers as well as the more capable age group kids. The program is designed for adults who wish to pursue fitness, skills, maybe competition be it open water, triathlons, or master's competitions.

I have to say that they have done a truly remarkable job. Many of the swimmers over the past year, training 2 – 3 sessions per week, have dropped almost 20 seconds per 100m repeat. So for example a lane of swimmers swimming 2 minutes per 100m are now sitting around 1.35 to 1.40. They have really worked hard and with a terrific "group" determination.

As we move into the festive season I wish to congratulate all of the adults for what has been a truly enjoyable year for me as their coach. Thanks folks, you all made it a great year.

To all the Fremantle Leisure Centre regulars, to the pool and office staff, the swim school teachers, and of course the Fremantle Leisure Centre management, my staff and I would like to wish you all a very Merry Christmas.

Fremantle really is a great place to work and certainly made even better working with such a terrific group of people. Take care everyone.

Simon Redmond

Rev Up Your Metabolic Engine!

Basal metabolic rate (BMR) is the energy expenditure required to sustain metabolism. Your metabolism is what keeps all the biomechanical processes required by your body ticking. The faster your metabolism ticks, the greater your body's energy expenditure.

The most significant effect on BMR is achieved with exercise. During moderately vigorous physical activity BMR is elevated by a factor of 10 or more, expending hundreds of extra calories. The more vigorously you exercise the more calories you use per minute. If you don't like vigorous exercise, exercise longer or more often. And exercise has a lasting benefit! Your BMR continues to stay elevated long after your exercise session has finished.

Both aerobic training as well as resistance training will boost your metabolism. But in addition to your regular fitness workouts, try to take advantage of opportunities to be active throughout the day. Remember, taking the stairs revs up your metabolism more than taking the elevator!

POOL OPERATION HOURS

Monday December 24 th Christmas Eve	5:45am – 6:00pm
Tuesday December 25 th Christmas Day	CLOSED
Wednesday December 26 th Boxing Day	8:00am – 7:00pm
Thursday December 27 th	Normal
Friday December 28 th	Normal
Saturday December 29 th	Normal
Sunday December 30 th	Normal
Monday December 31 st New Years Eve	5:45am – 6:00pm
Tuesday January 1 st New Years Day	8:00am – 7:00pm
Wednesday January 2 nd	Normal

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Fremantle Wins Lifeguard Challenge

The Western Australian Local Government Association (WALGA) and Royal Life Saving Society (RLSS) recently hosted the 2007 Pool Lifeguard Challenge at Challenge Stadium.

Fremantle accepted the challenge and showed the other teams and the judges their excellent skills and ability to deal with a variety of challenging situations.

The team consisted of

- **Jess Walker:** Casual Lifeguard who is a state, national, international life saving podium finisher and a channel crossing record holder.
- **GG:** Permanent Part-time Lifeguard, Gym Instructor and Swim Instructor who is looking at the Masters in 08 as a sprinter.
- **James Annett:** Permanent Duty Manager who trained for the even by stopping smoking two days prior.
- **Jodie Thomson:** Aquatics Supervisor who needs no explanation.

There were three events that the Lifeguards had to demonstrate their skills, knowledge and fitness levels -

1. Event one: A scenario where three lifeguards had several incidents to deal with. This event took approximately seven minutes to execute and was judged with points allocated for time, action taken and equipment used.
Competitors: James, GG, Jodie – Brilliant job and top scored and won this event.
2. Event two: Team relay – consisting of swim and tows and was scored on time.
Fantastic event and our team really shone.
Competitors: Entire team – finished second by six seconds.
3. Event three: Super Lifeguard – Two guards doing swim tows and finishing with one minute resuscitation on a computerised mannequin measuring compression, compression location, inhalation and degree of head tilt. Competitors: Jess and GG had a fantastic run Jess smashed the closest time by 10sec and GG recorded the second fastest time, both Jess and GG blitzed accuracy on the mannequin. Top score and won the event.

As the results stood Fremantle had a brilliant win and took out the Pool Lifeguard Challenge for 2007. The Minister of Local Government - Hon Ljiljanna Ravlich Minister presented the award to the winning team. A perpetual trophy will presented to the City of Fremantle.



Hon Ljiljanna Ravlich and Team Captain Jodie Thomson



Fremantle Leisure Team GG Frantz, James Annetts, Hon Ljiljanna Ravlich, Jess Walker and Team Captain Jodie Thomson

