
MAKING NEW YEAR'S RESOLUTION COUNT!

HAPPY NEW YEAR AND WELCOME TO 2005

Is this the year you've resolved to become fit, lose weight, quit smoking, or even just make better use of your Gym membership? Or perhaps you've resolved never to make any more New Year's Resolutions simply because they don't work!

Sadly, New Year's Resolutions are short lived and notoriously forgotten by February. The trick to making resolutions work is to set measurable and attainable goals. It's not enough to simply state "this is the year that I lose 15kg and keep it off". How are you going to achieve this commendable but lofty goal? The best strategy is to commit to a specific goal and develop a plan for attaining it – thinking about it as a long term endeavour, not a one day effort (yes, it should require effort and present a challenge otherwise it's not worth doing!). Be flexible enough not to let one slip cause you to give up entirely and be sure to acknowledge your successes along the way.

Following these simple steps will ensure that your resolutions count!

1. Choose the Right Resolution

Give some thought to what you really want and why you want it. Identifying the "whys" helps you avoid setting goals for the wrong reasons. Be specific about your goal/resolution. Phrasing a goal with measurable objectives makes it obvious whether the goal has been attained or not. For example, "lose 15kg by May 31st" is much more effective than the ambiguously phrased goal "to lose weight". Once you've decided on the wording, formally commit to the goal. At a minimum write it down and post it in an obvious place where you are likely to see it everyday. Remember, this is a commitment that you are making to yourself.

2. Create a Plan

Making the resolution is the easy part. Now you need to create a plan for how you will accomplish your goal. Identify the exact steps it will take you to reach your goal and assign due dates to those steps. Creating your plan should also include identifying obstacles that stand between you and your desired goal. Remember to keep the plan realistic and to set short term objectives along the way.

3. Remain Flexible and Review Your Plan

Be aware that circumstances may require you to change or adapt your plan. Rather than abandoning the goal, build flexibility into your plan and make adjustments as you go. It's a good idea to periodically review your goal to make sure that it still reflects what you want to do. Identify parts that are not working well and simply adjust, remembering to acknowledge your short term successes along the way!

When making resolutions regarding your fitness and health, remember that making changes to your body and lifestyle take time. You can't and shouldn't do it all in one day, and remember, our trained Fitness Staff at the Fremantle Leisure Centre are here to assist you in developing your plan to achieve your New Year's Resolutions.

Get Fit, Stay Healthy, and Be Happy!

Eva Fekete
Health Club Co-ordinator

Fremantle Leisure Centre Newsletter

Volume 1 January 2005

OFFICIAL CHANGE ROOM OPENING

Our new change room facilities were officially opened on Sunday December 19 by the Mayor of Fremantle, Peter Tagliaferri. After the opening the official guests and the public were invited to have breakfast and participate in the mornings activities.

John East, the Leisure Centre Coordinator welcomed guests and thanked individuals and organisations that contributed to the projects.



The main focus of the opening was to celebrate the well needed new change room facilities. However, the occasion was also shared with the recent developments which have been completed on the 50m pool to ensure the proper guidelines and regulations are complied with. The event also allowed the Centre to showcase the new cardio equipment for the Health Club.

A special thanks to Marion and Mark Tischler from the kiosk for providing a wonderful healthy breakfast which was enjoyed by everyone.

The day was enjoyed by all with activities for everyone. These consisted of trying out the new cardio equipment in the health club, blood pressure testing, face painting, bouncy castle, inflatable crocodile in the 50m pool, treasure hunts and a special visit from Father Christmas.

The feedback received proved that the day was a huge success and plans are already being discussed for a Christmas breakfast next year.

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SWIM SCHOOL NEWS

WHY IS MY CHILD IN SEAHORSE-A AGAIN?

This is a very familiar question at re-enrolment time and there can be many answers...



Generally all children develop at different levels. Each child is unique and may require different teaching skills to others in the class.

As parents it is important to encourage and praise your children for each achievement however small it may seem.

Some children may achieve a level in one term, but it is more the norm to have two, three or even more attempts to achieve a level in swimming. Each level encompasses many skills. What one child picks up easily another may struggle with.

Although swimming is done in stages it is really a continuing process with one skill leading onto another, creating a series of progressions. So, rather than ask the question 'Why is my child in Seahorse A again?' look at what they have achieved in five hours which is what a ten week course is comprised of.

It can be easy to get impatient with swimming lessons and want your child to move through the levels quickly. However, it does take time along with regular practice, and the patient approach is the best.

It may seem that your child isn't progressing when all of a sudden it 'clicks' and they are away achieving what they had been unable to achieve for weeks.

So be aware that it is a challenge to learn to swim. The result will not always be apparent in the practice. Therefore, it is necessary to give plenty of encouragement before, during and after the lesson (a smile from the sideline works wonders).

FREMANTLE LEISURE CENTRE
SWIM SCHOOL
AND
ROYAL LIFE SAVING SOCIETY
INTRODUCE

JUNIOR LIFEGUARD CLUB

This one hour session each week comes to you with a regular coach in a serious yet fun format.

Your child will learn and encourage others in the group to achieve personal goals and when ready be examined in Stages 11 – Bronze Medallion.

Swim School staff recommend that students complete all the levels of our School Age Program from Tadpoles to Sharks before joining our Junior Lifeguard Club. In some circumstances students may wish to alternate between Sharks and 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 by telephoning the Swim School Coordinator on 9432 9541.

PERSONAL PROFILE

Name: Eva Fekete

I am a first generation Canadian (my parents being Hungarian) born in Toronto, Canada.

Position: Health Club Co-ordinator

Although I am new to this position at the Leisure Centre, I am not new to the business having worked in the fitness and recreation industry for over 20 years.

Favourite Food: Gourmet Pizza

But I'll eat just about anything. One of the best things about living here is the availability of fresh seafood!

Favourite Restaurant: In Perth it's "Christina's". At home in Toronto it's the "Movenpick".

Favourite Sport: I have to admit I'm more a fan of the performing arts - especially dance forms. But I did get up at 3 a.m. during the last Winter Olympics to watch the Canadian Hockey Team (that's Ice Hockey for all you Aussies) win the gold medal.

Favourite Movie: I would have to say "Out of Africa" not because it starred Robert Redford and Meryl Streep but for it's beautiful cinematography and haunting music. But I'm also a great fan of "Indiana Jones".

Life's highlights: Certainly leaving my family and country behind to move here. What else...performing at the Opening Ceremonies of the 1976 Olympic Games, travelling to Europe as a member of the Canadian National Rhythmic Gymnastics team. And...breeding, owning, and showing WA's Top Terrier for 2002, 2003, & 2004 and All Breeds Show Dog for 2003.

Would like to meet: I don't get particularly "starstruck" so I can't think of anyone in particular that I would like to meet. However, I enjoy meeting and talking with people in general. Everyone's got a story. I think that's one of the reasons that I've lasted so long in this business.

Dislikes: Rudeness and unsportsmanlike conduct. Brussels sprouts.



SWIM 'N' GYM SHOP

Can't find any swimwear?
Having trouble finding your size?
Need something that will out last the season?

Or
Do you just want to look a little more
sporty & stylish?

Look no further as we have the latest
Swimwear, Gym wear and accessories
available on the market today, including a
large range of "chlorine resistant" swimwear.

We cater for size's from 0 – 26 and have an
extensive range to choose from, including:

**SPEEDO TYR RIVAL RUNNING BARE
EYELINE NIKE RADIATOR MIRAGE
UVETO**

We are located in the front reception foyer of
the Fremantle Leisure Centre.

Opening Hours

Weekdays	5.45am – 8:00pm
Saturday	7:00am – 7:00pm
Sunday	8:00am – 7:00pm
Public Holidays	8:00am – 7:00pm

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