
LEISURE CENTRE WINS CHALLENGE CUP

A team of ten fit and enthusiastic staff members from the Fremantle Leisure Centre won the 2005 Adventure World Challenge Cup.

Thirty teams from the corporate sector competed in the five events to see who would take victory. The team captains Josh de Buella and Dax Penny used excellent strategies to overcome their competitors, including calling the joker for double points in specific events.

The team called the 10:70's (*two-way radio code meaning poo in the pool*) trained on regular basis leading into the event, which was all worth the while, the team collected a cheque of \$1500.00 (which covered the entry fee), an annual corporate trophy and each received individual medals.



Back row: Hayley Ford, Rhys Powell, Ben Walker, Dax Penny, Naz Graue, Kelly Tipping

Middle Row: Amy Whitcombe and Caitlin Bridgland

Front Row: Josh de Buella and Corey May

ATTENTION

All Aqua and Fitness Participants COUNT YOURSELF IN!

**Please make sure that you are signing in
to each class that you attend!
*Recording your attendance is
crucial to our statistical records!***



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LEISURE CENTRE INDUSTRY BEST IN SAFETY

Recently the Fremantle Leisure Centre completed a Swimming Pool Safety Assessment undertaken by the Royal Life Saving Society.

The report indicates that in all areas we are achieving better than industry standards.

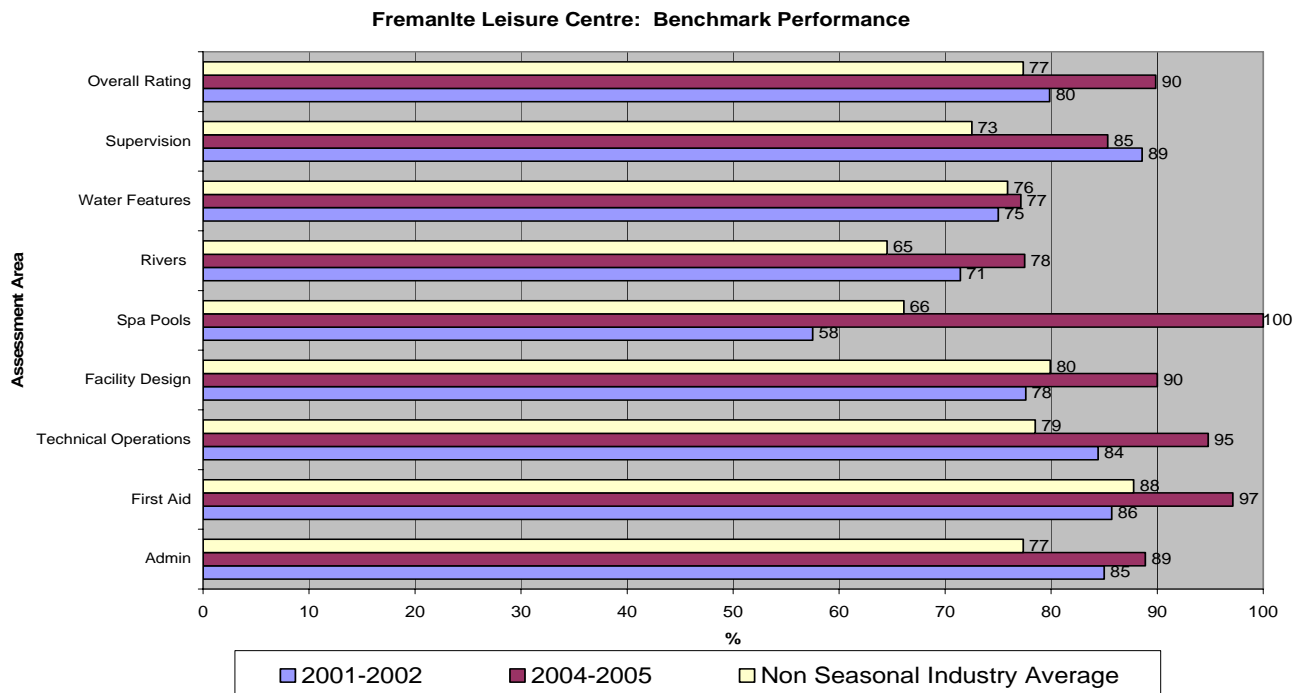
The eight sections that are benchmarked and measured against industry are Administration, First Aid, Technical Operations, Facility Design, Spa Pools, Rivers, Water Features and Supervision.

The assessment is based on the relevant regulatory requirements, Australian Standards and the Pool Safety Guidelines

Our overall score this year was 89.8% compared to 2002 score of 78.8%.

This is a credit to all the staff at the Leisure who are continually striving to provide a safe environment.

Below the graph indicates 2002 and 2005 scores against industry average.



SWIM SCHOOL NEWS

How to Get the Most from Your Child's Swimming?

Written by Jo Foxton – FLC Swim School Coordinator
Austswim Presenter of Infant and Pre School Aquatics

The four steps to successful learning in Aqua Baby and Pre School classes are:

Willingness
Positive Reinforcement
Practice
Consolidation

Parents are able to assist us in our teaching and help us achieve better results if they understand and apply these very important steps to their child's swimming. Each one of these steps contributes to a more pleasurable and stress free journey for both you and your child when they are learning to swim.

Willingness – *This is the foundation of Infant and Pre School swimming. If a child progresses at their own rate, then they are less likely to regress. At the same time our Instructors will always encourage your child to reach their full potential.*

When a child becomes reluctant to attempt a skill we should focus on extending the skills they are confident with and try new skills a little later. This may seem to some like we are letting the child have their own way, however results are achieved sooner by waiting until a child is willing. When a child is forced to perform a skill they are not ready for, they are likely to become frightened and regress - even refuse to enter the water. This can lead to an unhappy child in the water and can become very frustrating for parents.

Positive Reinforcement – *No matter how small an achievement, praise is the best reward. Have you seen a child respond when you clap and shout hooray!!!! Their face says it all and they just want to do it again. Focusing on skills a child can do well builds confidence and will assist in their progression.*

Practice – We all have good intentions when it comes to practice. Ideally one class a week plus one practice session will achieve maximum

results. It is believed that you lose 10% of your learning for every day a skill is not practiced. If you know you will never get to the pool to practice then we have an offer for you. When you have made a commitment to something you are more likely to do it so we are offering all our customers the chance to book a second lesson for their child in the same week for **20% DISCOUNT**. (The discount offered is on full term fees.) **SO PLEASE BOOK NOW!!!!!!** Mention this article for your discount.

Consolidation – When correct technique is established, a skill should be practiced until it becomes automatic. Consolidation in each level is essential so that when your child progresses to the next level they are able to concentrate on more advanced skills.

Please note that although some children may plateau during their development, it is always our intention to provide participants with the maximum support and encouragement needed to maintain the very important skills they have learnt.

Fremantle Leisure Centre
SWIM 'N' GYM
SHOP

15% OFF

discount voucher
off all Swim n Gym Wear

Present this voucher when making a purchase of \$20 or more in our Swim shop.
One discount voucher per item

(Valid on full priced items until 31st May 2005)

PERSONAL PROFILE

Name:

John East

Position:

Centre Coordinator

Favourite Food:

Indian

Favourite Restaurant:

Don't have one, but any restaurant that has good service, good food, BYO and not over priced

Favourite Sport:

Surfing and Football

Favourite Football Team:

Fremantle Dockers

Favourite Movie:

Midnight Express, Pulp Fiction, Big Wednesday, Brave heart, Face off, The Incredibles and many more...

Life's highlights:

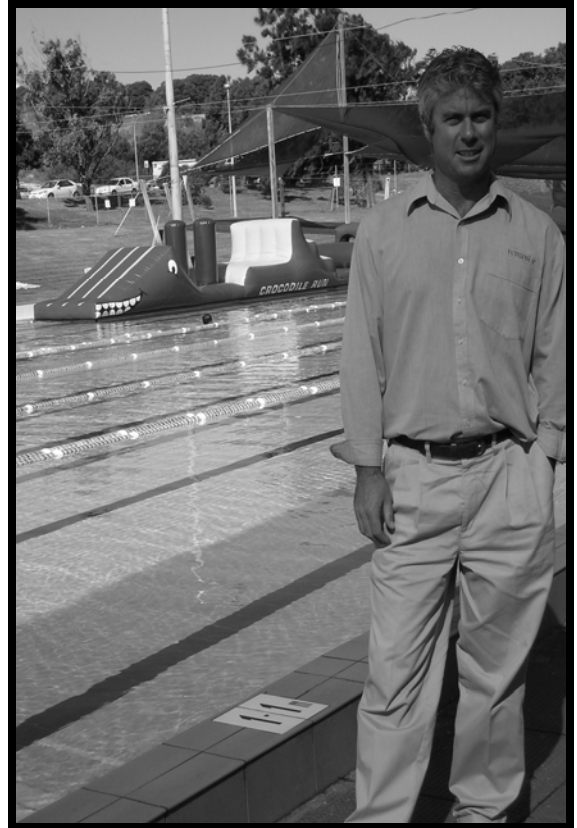
Birth of my daughter Macey
Quality time spent with family and friends
Swimming solo to Rottnest Island

Would like to meet:

My Grandparents

Dislikes:

Smokers
People with attitude
Anti-social behaviour



YOUR NEXT PARTY... WHY NOT TAKE THE ADVENTURE AND TRY OUT OUR INFLATABLE CROCODILE RUN!

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 – 5.00pm and Sunday's from 10.00am – 5.00pm and is located in the **50m pool**. The Centre's BBQ is available for use by the public or the kiosk offers a Children's Party Menu which includes a main meal, drink and an ice cream. Tables and Chairs are also available for parties, these can be placed on the grassed areas.

For more details contact Reception for a detailed brochure or please contact Jasmine Goater, our Administration Officer on 9432 9543 during business hours to make a booking.