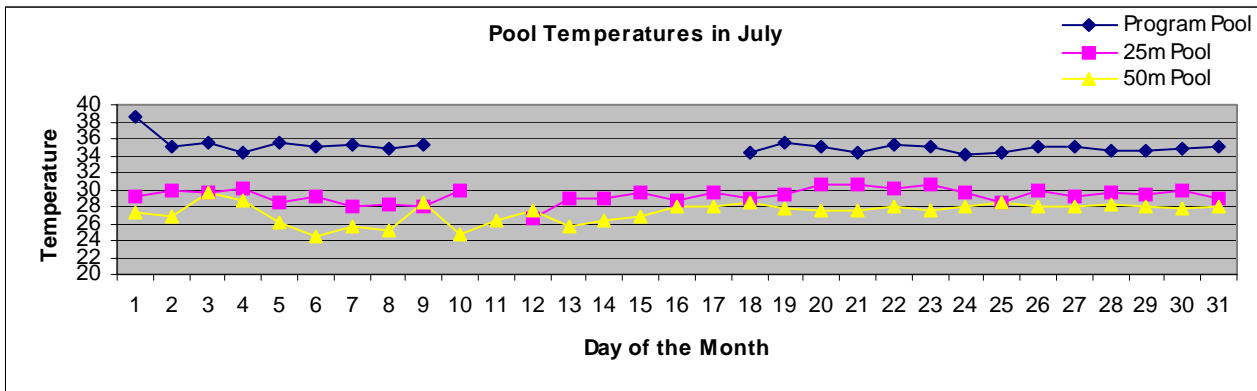
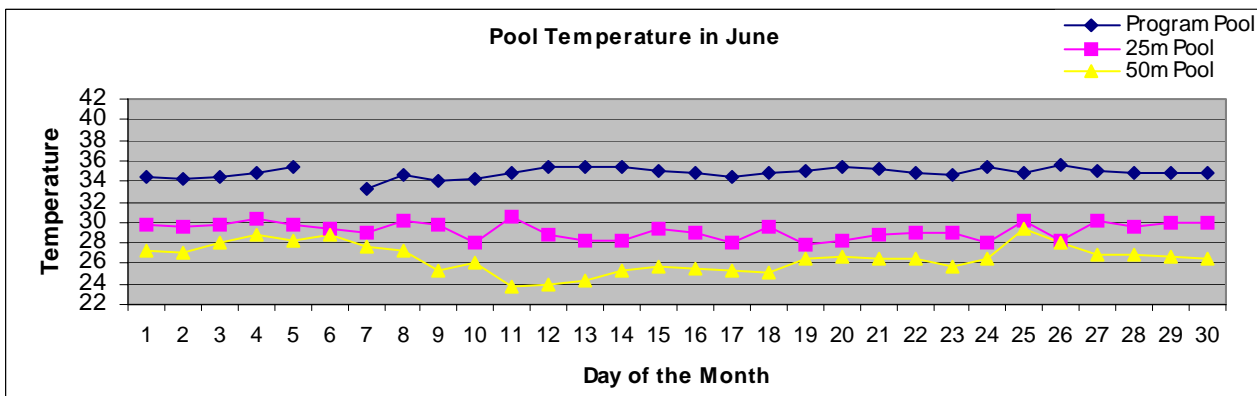
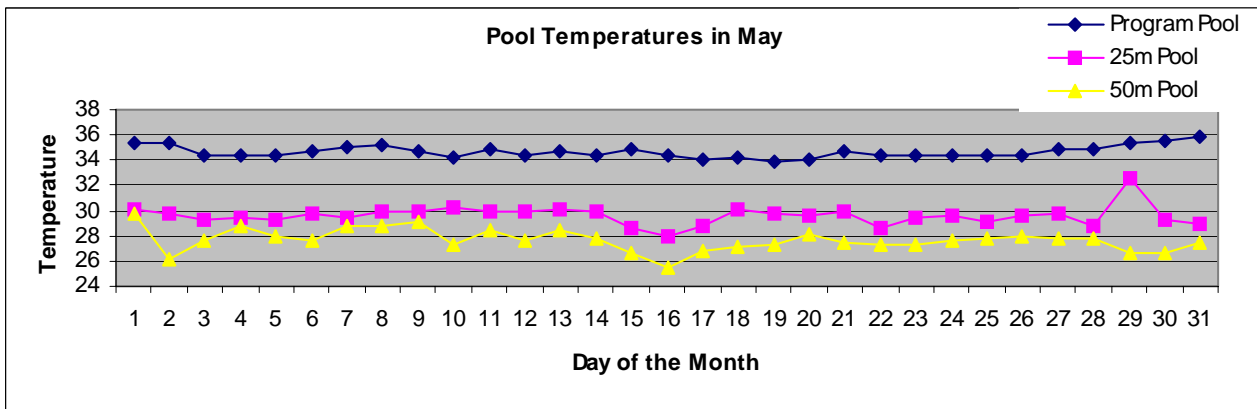


FROM THE DECK

Water Temperature! Around this time every year we receive quite a few complaints about the water temperature being too cold. We try to achieve 26 – 28 degrees in the 50-metre, 28 – 30 degrees in the 25-metre/Playground pool and 32 – 34 degrees in the Program (*Hydrotherapy*) pool. The majority of the time these temperatures are achieved, it's only when we have extreme cold, wet, and windy conditions we have difficulty in achieving these temps. The only time that we don't put the pool blankets on (*50-metre only*) is if there is gale force wind warnings. So far this winter we have experienced an interesting assortment of wintry weather with mini tornados, good rainfalls and a spate of extremely cold temperatures reaching the 0 degree mark.

The boilers are working overtime! The Program pool has its own boiler and the other two water bodies share the one boiler. This can be a little tricky for the operators to set the valves and timers correctly. At no time are boilers switched off as a cost saving exercise.

Below is a series of graphs indicating the average daily pool water temperatures for the months of May, June and July.



FROM THE MANAGER – JOHN EAST

What's happening to the new amenities block?

Firstly, I would like to take this opportunity to thank you all for your patience and for being accommodating during the recent maintenance works.

The problem is that when the floor tiles were laid the tiling contractor added a mixture to assist in achieving the correct fall towards the drains. The tile adhesive didn't bond to the mixture, resulting in the tiles lifting.

The builder has taken full responsibility for this problem and is in the process of lifting all floor tiles and replacing them. The builder has requested approximately two to three weeks to complete each side of the building, taking in total approximately six weeks. During this period the females will continue to use the former male change rooms.

During this closure we will be taking the opportunity to install additional power outlets in the females area to cater for the demand of hair dryers.

Once again thanks for your patience.

IMPORTANT REMINDER TO ALL SWIM & GYM MEMBERS / FITNESS CLASS / SQUADS / SWIM SCHOOL PARTICIPANTS

It is crucial when using the Centre that you scan your card either at the turnstile or reception or sign in on the appropriate attendance sheet. Statistics play an important part of our reporting to assist in programming and developments of the facility. Please ensure to scan and sign in. Thank you.

Finally, thank you for choosing the Fremantle Leisure Centre as your place to improve your quality of life.

SWIM SCHOOL NEWS



BECOME A MEMBER OF OUR JUNIOR LIFEGUARD CLUB

Our very popular Junior Lifeguard Club (JLC) coach is Michele VanderHor. She is an Austswim qualified Swim Instructor and holds a current Bronze Medallion Certificate.

On the first day of the term Michele presented our club members with special JLC t-shirts and hats for being enthusiastic enough to remain in the club for the winter months. This session currently runs on a Wednesday at 4.15pm for one hour. Cost is \$110.00 for ten sessions.

JLC is a place for kids to learn about lifesaving and lifeguarding and, as our club grows, take part in friendly competition and special events coordinated by the Royal Life Saving Society. We will be hosting our own carnival in April, 2006.

All members are given a log book to keep a record of their achievements. A session may consist of dry activities such as basic CPR or a short visit and talk from a lifeguard or lifesaver. The wet part of the session may consist of rescues and lifesaving skills, personal goal setting and achieving and assisting others to achieve their goals and endurance swimming. JLC also provides the opportunity for kids to complete RLSS Stages 10 – Bronze Medallion.

When our member numbers increase we will split the group into age appropriate groups so please encourage your family and friends to join.

This club is ideal for children once they have completed our Learn to Swim Sharks level. It is an ideal club to join when kids are not interested in squads or want to keep their swimming fitness and skills up and only want to swim one day a week due to other commitments.

Please call the Swim School Coordinator - Jo Foxton on 9432 9541 if you require any further information.



Photo: Winter participants from left Melisa Mills, Ben Rosenstreich, Michele (Coach), Jasmine Walters and Jackson Lorrigan.

PERSONAL PROFILE

Name: Kelly Halse

Position: Customer Service Coordinator

Favourite Food: Anything different!! And would never pass up the good old Chocolate bar!

Favourite Restaurant: Restaurants are over rated! I would prefer sitting on the beach with my feet in the sand with a good glass of wine and a camp cooked meal any day!

Favourite Sport: Tennis & Snow Boarding

Three Favourite Places: Rottnest, Esperance and Ningaloo

Life's highlights: Being able to still get away from Perth and go somewhere where you don't see

other people for days.

Would like to... See more of the world!

Achievements: Mark (my partner) and I making it through our house renovation and still speaking to each other.

Dislikes: Cleaning my car and doing the dishes.



**Fremantle Leisure Centre is happy to announce the launch of a new program...
LIVING LONGER LIVING STRONGER
Is a fully supervised personalised strength training program for people
over the age of 50.**

DID YOU KNOW?

Medical research has proven that strength training at any age will:

- ✓ **Regain and maintain muscle strength, no matter what a person's age.**
- ✓ **Improve strength, balance, gait, flexibility and co-ordination which in turn improves the ability to lift, walk, bend, climb stairs, and enjoy life.**
 - ✓ **Is an effective means of preserving bone density.**
- ✓ **Combined with restricted dietary intake is an effective management strategy**
 - ✓ **for Type II diabetes.**

**To learn more about this program,
you are invited to attend an introductory session on
Tuesday, August 16 at 11:30 am OR Friday, August 19 at 2:00 pm
Please register your interest with
Eva @ 9432 9530**