

GET PUMPED



Resistance training has changed considerably since the days when Arnold Schwarzenegger ruled the bodybuilding world. Resistance or strength training as it's commonly called has undergone a revolution in all areas including equipment, nutrition, and training methods. However, *current research is proving that resistance exercise provides important health benefits throughout the ageing process.*

Inactive adults lose about half a pound of muscle per year during their 30's and 40's. As our bodies lose muscle, our metabolism decreases resulting in an increase in body fat. Unfortunately, the higher rate of fat gain during these years masks the muscle loss. Adults typically lose about 2.5 kgs of muscle and add about 7 kgs of fat each decade during the midlife years. The implications of this change in body composition is an increased risk for a variety of degenerative problems such as cardiovascular disease (including high blood pressure), many types of cancer, type II diabetes, osteoporosis, low back pain, and depression.

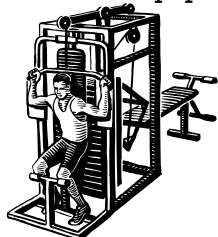
As our bodies change, many people embark on a weight reduction diet focusing on fat loss. However, more emphasis should be placed on muscle gain since muscle is metabolically more active and will burn fat tissue as fuel. If you don't have much muscle, you can't lose much fat! Resistance training helps you build and/or maintain your muscle mass (consequently increasing your metabolism) so that you can maintain a healthy weight.

Other benefits of strength training include increases in bone strength and density; improved glucose tolerance in people with type II (adult on-set) diabetes; significant reductions in joint pain and fatigue for people with arthritis; stronger immune systems, increased energy levels; and improved self-esteem.

The FLC Fitness Centre offers our patrons several options to getting stronger. In addition to the strength training machines, there are several group fitness classes designed to improve muscle tone and increase strength. And for those in the 50+ age group, we offer the Living Longer Living Stronger Program. Our Gym and Fitness Instructors will be happy to give you further information on how you can incorporate more strength training into your fitness program. *So what are you waiting for ...GET PUMPED... to stay young.*

FITNESS CENTRE ORIENTATIONS

Are you a new gym member?
Never been in a gym before?
Does the strength equipment in the
gym leave you baffled?
Is programming the Cardio Equipment a mystery?
Just need a refresher on
how to use the equipment?



Then why not attend a
GROUP ORIENTATION SESSION
to learn how to properly and safely use the
equipment in the fitness centre.

*Talk to the Gym Instructor on duty and
book into a session.*

START YOUR DAY OR REFRESH YOURSELF AFTER A VIGOROUS WORKOUT WITH THIS TROPICAL SMOOTHIE

Orange-Pineapple Smoothie

1 cup orange juice, 2 cups pineapple chunks packed in
their own juice drained, 1 banana, 1/4 cup skim milk, 2 tbsp
of honey, 4-5 ice cubes

Place all ingredients in a blender and purée until smooth.

Makes two servings. Per serving: 326 calories, 0 g total fat
(0 g saturated fat), 80 g carbohydrate, 2 g protein,
4 g dietary fibre, 38 mg sodium.



Welcome to our summer edition newsletter, spring has provided us with a variety of weather with only a handful of days over 25 degrees. Hopefully the 30 degree plus days are just around the corner. Routine maintenance has been completed over the winter months so hopefully its full steam ahead.

We have had a number of successes and challenges over the last three months, these have included new pool blankets for the 50-metre pool, an automatic chemical dosing system for both the 25 and 50 metre pools and the problems we have encountered with the floor tiles in the change rooms.

Sunday December 18th is the Centre's Annual Open Day and everyone is welcome to enjoy the fun, activities commence at 8.00am through to 1.00pm. A free breakfast is available between 8.30am – 10.30am, other activities include bouncy fun castle, face painting, treasure hunts, water inflatable's, Buster the Fun Bus and a visit from Father Christmas. Normal entry fees apply with all activities free.

Parking, due to our proximity to the Central Business District (CBD) and surrounding local businesses, on occasions demand for parking in Shuffrey Street exceeds the available spaces.

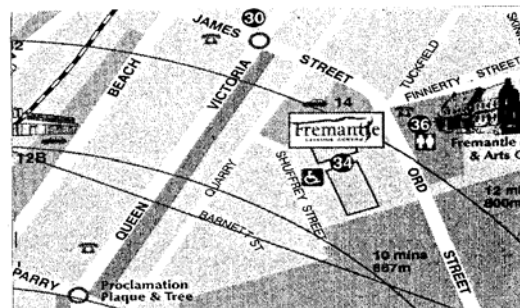
Therefore vertical parking in Shuffrey Street must be paid for between 9:00am-5:00pm, 7 days a week. Before and after these times vertical parking is free. Horizontal curb parking on the western side of the street is free for a two hour limit.

Centre Members and Swim School participants are issued with a Courtesy Parking Permit for Car-park 14 (northern end of facility) and Beach Street Car Park 12B.

Non-members are to park in car-park 14, purchase a ticket from the metre, tear off the reminder section from the bottom of the ticket and you will be reimbursed your parking fee from your entry. Please note that the reimbursement amount will only be up to your entry fee, not greater.

If car-park 14 is full, Centre Members and Swim School participants can park free at:

- Quarry Street
- Finnerty Street
- Ord Street
- Beach Street Car-park 12B
(Approximately 4 minute walk)



Fremantle Leisure Centre would like to take this opportunity to wish all of our members and users a VERY MERRY CHRISTMAS AND A SAFE AND PROSPEROUS NEW YEAR



SWIM SCHOOL NEWS

FROM JO FOXTON, THE SWIM SCHOOL COORDINATOR

AQUA BABY CHANGES

Aqua Baby 6 has been renamed Aqua Fish. The format for this class has evolved into a class where the parents don't often need to be in the water. The maximum number for this class is now four. The cost is slightly more as there are less participants. A child must be 2 years and 9 months old and be assessed by Swim School to be permitted entry to this class.

NEW SCHOOL AGE PROGRAM

The recent change with the new school age levels went smoothly. Staff and Instructors would like to thank you for your faith in us. It was quite a big task but our swimmers will be the winners from this.

JUNIOR LIFEGUARD CLUB

This very successful program has now been split into two age groups (Under 12's and over 12's). Our coach, Michele, is returning to study next term and may not be available on the Wednesday so we have moved JLC to Saturday. Sorry for the inconvenience. In April we will be hosting our own carnival at Fremantle Leisure Centre. Other clubs will come along to join us. The focus is on fun and participation and not winning. Royal Lifesaving Society run the day and conduct lifesaving events and provide lots of prizes.

TEENSWIM (New) Lap Swimming

This term program has been designed for teenagers who want to maintain swimming fitness but only want to swim once a week. Places are available on Wednesday at 4.30pm and Saturday 10.50am. Students should be 13 years+ and be able to swim 25 metres. Please encourage your child and a friend to join.

NEW BOOKING SYSTEM

On January 12th we will be trialling a new method for booking new enrolments. Rather than have people queuing we decided to book families in to a time slot. Please call reception on 9432 9533 to book a time. After 12.30pm bookings will be taken on a first come first served basis.

JANUARY HOLIDAY PROGRAM

Pre School (3-5years) School Age (5years+) Junior Lifeguard Club (10 years+)

What we have to offer:

- Pre School classes with a maximum of 4 students - conducted in a pool heated 32- 34 degrees
- School Age classes range from 4 children and increase gradually in size as levels become more capable.
- Our price includes entry for the student enrolled in our program and one spectator.
- Priority pool space
- Value for money – Compare prices with other programs

Series 1: Monday the 6th – Friday the 13th of January

Series 2: Monday the 19th – Friday the 20th of January

Enrolments are now being taken. See Reception for more details. 10% discount is given if you book both weeks.

A VERY IMPORTANT REMINDER

Please note that all children under 5 years of age must have an adult accompanying them in the water. Please keep them at arms length away from you. Children under 10 are not permitted entry to the centre without an adult.

As you know our Swimming Instructors are very happy to answer any concerns you may have. Chris, Laura, Jessica, Tryon and myself are on deck most of the time to assist you if you have any problems or want to give us any feedback.

PERSONAL PROFILE

Name:

Jo Foxton

Position:

Swim School Coordinator

Favourite Food:

Prawns and Mangos

Favourite Restaurant:

Sala Thai

Favourite Sport:

Badminton

Favourite Movie:

To Sir with Love

Life's highlights:

Becoming a Swimming Instructor and an Aus-swim Presenter.

Likes:

Setting goals and achieving them. Trying new things.

Dislikes:

Waiting, snakes and cockroaches.



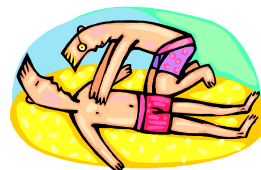
YOUR NEXT PARTY... WHY NOT TAKE THE ADVENTURE AND TRY OUT OUR INFLATABLE CROCODILE RUN!

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.

TO ENSURE OUR POOL LIFEGUARD TEAM HAVE A FULL UNDERSTANDING OF WHAT THEIR RESPONSIBILITIES ARE IN THE EVENT OF AN EMERGENCY, THE CENTRE WILL BE CONDUCTING A NUMBER OF EMERGENCY SIMULATIONS OVER THE SUMMER.



WE REQUEST THAT YOU ASSIST IN FOLLOWING ANY DIRECTIONS THAT MAY BE GIVEN BY CENTRE STAFF.
THANK YOU FOR YOUR ASSISTANCE IN MAKING THE FREMANTLE LEISURE CENTRE A SAFE PLACE TO VISIT.