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YARRA LEISURE MANAGER HONOURED AT ARV AWARDS

Yarra Leisure's Manager Peter Watson was awarded Most Outstanding Contribution to the Aquatics Industry at the 2017 Aquatics and Recreation Victoria Awards.

The ARV Awards Gala, held on Friday 16 June at Peninsula, Docklands, is one of the biggest nights of the year for the Victorian Aquatic and Recreation industry.

The event's most prestigious award was presented to Peter with his family, friends and proud Yarra Leisure colleagues in attendance.

Peter has been actively engaged with the leisure industry for some 37 years, starting his career in 1979 at the Stockton Sports Centre in the United Kingdom. He has served in the role of Leisure Services Manager since 2004, achieving milestones such as:

- > returning the management and operation of Burnley Golf Course to local Council
- > facilitating the development of Collingwood Estate Gym through agreement between Council, the Department of Housing and North Yarra Community Health
- > transforming the operations of Fitzroy Swimming Pool from seasonal to year round and established a gymnasium on site
- > introducing a community membership package to foster and facilitate programs for over 700 individuals living with disadvantage and disability.



Peter is always generous with his time to encourage and mentor his staff, supporting our development and praising us on a job done well.

We appreciate him taking the time to show an interest in us, providing honest feedback and continue to trust us to take risks and be innovative.

From all of us here at Yarra Leisure, congratulations Peter on this career-defining and well deserved Award!



DROWNING DEATHS ON THE RISE

291 people drowned in Australia last financial year, the latest Royal Life Saving National Drowning Report has revealed. And those most at risk are probably not who you'd expect.

The report, which was released in September 2017, busts many common misconceptions we had about drowning. The highest number of drowning incidents occurred in the 25-34 age group, claiming 43 lives across the country. A staggering 74% of all drowning deaths were males.

In the 0-4 age group, 29 children drowned, which is an increase of 32% compared to last year's total. Swimming pools were the most frequent location of drowning among this group, and an alarming 75% increase in drownings occurred in bath tubs and spa baths.

The drowning risk of older Australians has also risen. 36 people 75 years and over died in drowning incidents last year, which represents a 38% increase on the ten year average. Nearly half of all drowning deaths in people aged 65 years and over occurred while swimming recreationally (23%) or as a result of a fall into water (20%).

For the first time the report examined the impact of both fatal and non-fatal drownings. Royal Life Saving estimates that there were 685 incidents requiring hospitalisation over the past 12 months. The majority of these incidents involved children and many will require long-term medical assistance. As data collection improves so too will our picture of drowning incidents across Australia.

WHAT WE'RE DOING TO HELP

We are committed to raising awareness about water safety by enabling the community to develop swimming and lifesaving skills. We want everyone to be able to enjoy water safely, that's why we offer a range of specialty programs targeting people most at risk.

Our African Children's Swimming Program teaches vital swimming and water safety skills to children aged 4-12 years from countries where swimming is not common and those who have recently arrived in Australia. The program provides children with an alternative entry point into our Learn to Swim classes.

Women Making Waves (WMW) is another initiative catering to the needs of Yarra's diverse community. Every Saturday night we open Collingwood Leisure Centre for women's only swimming. The sessions are run by female staff, allowing women of all ages, cultures and abilities to come and exercise, relax or participate in swimming classes in a safe and welcoming environment.

We have also developed a program specifically for older Australians, another high risk group, through a partnership with Lifesaving Victoria. The Grey Medallion course is a water safety and lifesaving skills initiative for people aged 55+. The program encourages a healthy, independent and active lifestyle by enabling participants to enjoy aquatic recreation safely. Our first ever class graduated in October after completing the 8 weeks of training in water safety, CPR and emergency care, aquatic exercise, personal survival and lifesaving skills.

We will continue to work with the community to ensure everyone can learn how to swim and be safe around water. Flip over to Pugs Press to check out what's happening around our centres for Water Safety Week 2017. From 4 -10 December we're running a host of events and activities to give everybody a timely water safety reminder as we head into the summer months.



2017 YarraTri Championship Award winners

YARRA TRI CHAMPIONSHIP AWARDS

Our YarraTri Club members put in a fantastic effort in the 2017 YarraTri Club Championships. The championships area an opportunity for members to test themselves against other members in triathlon and open water swimming. Well done to the following winners.

SHORT COURSE TRIATHLON

Female

1. Jo Ryn Tan
2. Kelly Stevenson
3. Caitlin Wade

Male

1. Michael Pratt and Marc Hardy
2. Ben Pittard

LONG COURSE TRIATHLON

Female

1. Kelly Stevenson
2. Angela Barnett

Male

1. Pierre Gouws
2. Matt Albany
3. Ivan Dennis

OPEN WATER SWIMMING

Female

1. Fran Johnson
2. Kelly Stevenson
3. Esther McConnel

Male

1. Nigel Fanning
2. Marc Hardy
3. Michael Pratt

JOIN YARRATRI AND COMPETE IN 2018

YarraTri is a friendly and welcoming club that is always looking for new members. With training all around the City of Yarra, including 20 sessions a week at Yarra Leisure, it's a great local triathlon club to join.

YarraTri formed in 1996 and has grown to become one of Australia's leading triathlon and multisport clubs. With educational seminars, organised social functions and a healthy, friendly and supportive training and racing environment, we cater for anyone interested in triathlon and multisport, from beginners to elite athletes.

Entry into the 2018 championships is free to all YarraTri members and there are great prizes on offer from their partners and sponsors.

To learn more about the YarraTri Club visit www.yarratri.com.au



MEET YOUR YARRA TRIATHLON COACHES

Your coaches will ensure you achieve your triathlon goals, whether it's to complete your first race, do Ironman, win your age group or race professionally. Whatever stage you are at in triathlon they will give you the assistance you need to move to the next level.



Michael Pratt
Head Coach: Ergo, Swim Squad,
Open Water and Running Coach



Nathan McAvaney
Ergo, Swim Squad, Open Water
and Running Coach



Bruce Allender
Swim Squad and
Open Water Coach



Thom Jackson
Swim Squad Coach



**Poornachandra Devakrupakara
(Poorna)**
Swim Squad Coach



Sarah Wapling
Swim Squad Coach



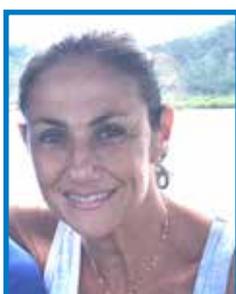
Nicholas Rickard
Swim Squad Coach



Natalie Jewell
Swim Squad and Running Coach



Mike Singline
Ergo Coach



Simona Gallo
Swim Squad Coach



Sarah James
Swim Squad Coach

CAN YOU FEEL IT? SUMMER IS HERE!

Swim into summer with your local Masters Swimming club the Yarra Roughies.

Swimming clubs are a fun and cost-effective way for adults to enjoy the benefits of a team sport. If you're looking to swim for recreation, competition, or to learn some new techniques then the Yarra Roughies is ready to welcome you!

Swimming is the perfect low impact activity for your whole body. It builds strength, muscle tone and confidence to keep you looking and feeling great all spring.

There are programs to suit all levels of swimming proficiency, which means you don't need to be a pro swimmer to enjoy everything the club has to offer. If you can swim 50m unassisted, you're set. Roughies coaches are here to get you in shape, feeling good and ready to compete with other Masters Swim Clubs. They will be there every step of the way to motivate and encourage you.

For more information about the Yarra Roughies Masters Swimming club please visit www.yarraroughies.com



BOOKINGS
NOW OPEN



YARRA TRIATHLON

STROKE IMPROVEMENT UPCOMING 5 WEEK COURSES

- JANUARY COURSE:** A five week course focussing on developing technique and endurance across the four swimming strokes (backstroke, breaststroke and butterfly).
- FEBRUARY COURSE:** A five week course primarily focussing on freestyle technique and endurance.

COLLINGWOOD LEISURE CENTRE

- > January course: 9 January to 6 February
 - > February course: 13 February to 13 March
- Tuesdays, 6:45pm - 7:45pm

FITZROY SWIMMING POOL

- > January course: 11 January to 8 February
 - > February course: 15 February to 15 March
- Thursdays, 6:45pm - 7:45pm

RICHMOND RECREATION CENTRE

- > January course: 10 January to 7 February
 - > February course: 14 February to 14 March
- Wednesdays, 6:45pm - 7:45pm

All course will use a wide variety of progressive drills to assist participants to improve all areas of swimming. Participants are required to be able to swim 100m freestyle continuously.

For further information regarding Stroke Improvement and additional courses please visit <https://leisure.yarracity.vic.gov.au/swim/yarra-triathlon>

MEMBERS
\$120
NON MEMBERS
\$134