



YaRRRA  
LEISURE  
**PUG'S  
PRESS**

**AUTUMN  
EDITION  
2017**



**INVOLVE CONNECT ENJOY**

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Women Making Waves is held at the Collingwood Leisure Centre

## WHY COME TO WOMEN MAKING WAVES?

Women Making Waves has been bubbling away in the background for a number of years out of Collingwood Leisure Centre, and is a program exclusively for women.

Run in a culturally sensitive, male-free environment, Women Making Waves is a great way to get involved in aquatic activity.

All staff working in the centre during this time are female, and the blinds are drawn on the centre's windows for privacy.

Women Making Waves welcomes women from all walks of life, and attendees can also bring their children along; with females of any age and boys up to five years of age welcome.

During the program, we also offer two sessions of swimming lessons; an 'all in session' at 6:45-7:30pm for children (with parents welcome), and a 7:30-8pm adults session.

### WHEN:

Every Saturday evening from 6:30pm until 8:30pm

### WHERE:

Collingwood Leisure Centre

### COST:

- \$6.30 adult
- \$3.30 concession
- \$3.30 child (5-15).

Children under 5 years of age are free.

### SWIMMING LESSON COST:

- \$15.50 full
- \$7.80 concession



## COORDINATOR'S CORNER

With another summer done and dusted; no doubt everyone is now experiencing the slightly colder mornings and the quick arrival of night-time!

Now, as we pack away our summer things, and as beaches and lakes start to feel like distant memories, it's still important to remain aware of water safety.

Around the home alone there are innumerable bodies of water which you may not even think to be wary of, while a home pool is an obvious one; there are also buckets, bathtubs, eskies, fountains, fishponds, drains, inflatable pools - even pet bowls pose a significant drowning risk to younger children.

It is crucial then that these are emptied, covered or put away; *not* left where they can fill up with water. Remember it's about safety in and AROUND the water!

On a happier note, in Term 1 2017, we saw over 25,000 visits to our centres for the Learn to Swim program, and our team of over 65 qualified teachers have participated in a number of professional development sessions along the way. These sessions covered topics of access and inclusion, Level 4 – 6 teaching workshops, how to motivate students to learn, and ways to keep our teaching fresh and interesting while fulfilling the curriculum requirements. We're very proud of the quality of teaching that we provide, as it makes Yarra Leisure Swim School so highly sought after - currently we have over 3,000 students across the three venues!

Our Aquatic Services Officers round out the team and are at the service of students and families, so please remember that they are your best source of knowledge and assistance for any questions you may have regarding progression or for information on how a student is tracking. At Yarra Leisure Swim School we have made the Level Progression structure simple and streamlined, with only six levels that are grouped by themes to show how each skill progresses through the levels.

Students are also continually assessed during the term by

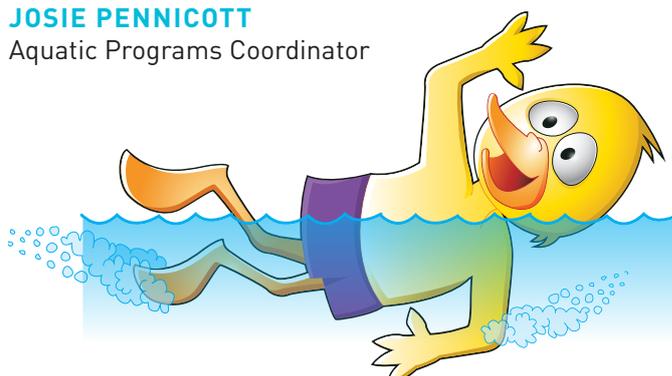
a member of the Aquatic Programs team, and on request, an Aquatic Services Officer can assess a student to provide information on their progress. We are dedicated to ensuring that all students are learning and progressing at their own pace, as all students are different and progress in their own way. As a general rule students may take between 9 – 12 months of consistent attendance to master all skills in each level.

We know too it can be hard to get into the water in the colder months, so here are some tips for staying warm before and after your lessons:

- Wearing a swimming cap during lessons, this reduces how wet your hair gets!
- Dry off completely and change into something warm – this means hairdryers, jumpers, beanies and warm shoes!
- If you're getting cold in the water wear a rashie or wetsuit

Consistency is an important factor of mastering skills, we hope that as we rug up for winter that we continue to see you all at your lessons!

**JOSIE PENNICOTT**  
Aquatic Programs Coordinator





# PLAY YOGA

PLAY 3-5 year olds

Enquiries: Jasmin 0423 529 886

Further info & bookings:

[kindredmovement.com.au/kidsyoga](http://kindredmovement.com.au/kidsyoga)

**FREE CLASS**

**Tues 2 May**

**11 - 11.45am**

Rear of 96 Nicholson St  
ABBOTSFORD



## BENEFITS

Your child learns how to healthily process emotions through yoga poses, games, stories, song, dance, breathing and focusing techniques as well as relaxation.



**Jasmin Wood**  
Mama & Yoga Teacher

Based in Abbotsford, I imagine a world where family, friends and all people can access yoga and mindfulness techniques to smooth the way in challenging life situations. With over 6 years teaching children's fitness and yoga, I specialise in yoga for 3 - 5 year olds that helps to develop their emotional resilience.





## SQUAD SWIMMER PROFILE: HANNAH DOUBLE

### National Squad – Inner City Aquatic Swimmer and Yarra Leisure Swim Teacher.

I started swimming lessons when I was quite young because my mum insisted on us all knowing how to swim. I never really enjoyed it and in year 7 I was allowed to quit, but within 6 months of giving it up I got bored and decided to try it again. I quickly discovered how much I loved to swim and promptly joined the club and began to compete.

I love competing and even after 6 years I still get just as nervous as my first race, but equally as excited at the same time. It is hard to pick a favourite memory out of the many hours I have spent at the pool but one of the stand outs would have to be doing a relay at Victorian age championships 2 years ago. It is so encouraging to have the people you train with down on pool deck racing with you.

Swimming has so many ups and downs but I can't say that I have a bad memory of swimming. There have been swimming competitions where I have swum poorly and as a result have been very disappointed but as a swimmer you have to take this all in your stride. Despite how I might be feeling about my race, I go back to training and work as hard as I can to learn from my mistakes so that the next race can be better.

I am still swimming now because I love it. Swimming allowed me to stay focussed even throughout the more stressful parts of the school years and was a constant throughout the confusing transition from school to university. Swimming has taught me to be persistent and to use my time effectively and these are skills I will have for life.



## SQUAD SWIMMER PROFILE: GEORGIA PROCTOR PARKIN

### State Squad – Inner City Aquatic Swimmer.

I started training in squad when I was 6 and in the lowest group going once a week, slowly getting to higher levels at my local club. When I was 10 years old I was chosen to represent Victoria (Team VIC) which was amazing, and my school raised the funds of \$800 so that I could attend and compete in Melbourne. I swam 100m breaststroke and got into the finals, coming 6th with a time of 1:35.

In the 3 months following I didn't improve very much and was very disappointed but after more training I was back and getting State Times at the 2015 Long Course Championships.

Unfortunately I was disqualified in the 200m backstroke and was upset and didn't want to do any more races, but I did keep training and got better and great results.

I went on holidays for 6 weeks around Europe with my family and when we came back we moved houses and also swimming clubs to ICA. I fitted in well and I love our coach as she is always pushing me to improve. I swim because of the fitness, fun, to socialise, and so I can improve my times. It makes me happy.

I am now 12 and started Year 8 at high school this year, and I swim 5 times a week at 6am with my sister Hannah.



# ICA: PARENT'S GUIDE TO SWIM MEETS



With the new year, comes a new set of swim meets and a new chance for your child to compete and do their best to break their previous times. Swimmers work hard during training and this is their chance to see how all their training is going. This is also their chance to have fun with their teammates and cheer on their swim team as loud as they possibly can.

## SO, WHAT DO YOU NEED?

Swimmers should wear their club uniform, their club cap, and their good racing goggles. A spare cap and pair of goggles could be good too, as they can really save the day should something break.

- Thongs/flip-flops are good for slippery pool decks and walking around the meet while wet.
- At least two good towels, the amount of towels you bring depends on how many events entered.
- Some extra dry clothes, something nice and warm to get into after your child finishes for the day.
- Healthy snacks to eat and minimise the junk food.
- A big water bottle to keep hydrated.
- A pen to write your child's events on their arm so they can remember what they are doing.

## WHEN DO YOU ARRIVE?

You should arrive at least fifteen minutes before warmup starts, preferably half an hour so you have time to set up where you are sitting and your child has enough time to stretch and prepare for warmup. If your event is later in the day then you should arrive at least 1 hour and 45 minutes prior to your event being scheduled.

## WHY DO THE SWIMMERS WARM UP?

Swimmers warm up so they have a chance to get used to the pool and warm up their muscles for competing. The competition pool might be different than the one they train in, so it is important to become accustomed to the new pool. It is also very important for swimmers to warm up their muscles for racing.

If the coach is there, your child will do first Mixed Strokes of a distance, Kick, Sculling, Drills and Pacing according to what they are racing and their ability. If there is no coach, your child should do the same as what they do when their Coach is there.

## HOW LONG IS A TYPICAL SWIM MEET?

A typical swim meet usually has two sessions, one for 13 and under, and one for 14 and over. Alternatively a swim meet can run all day, with the ages being running concurrently - so it would be an all-day experience. If you are only there for one session, you will only spend half a day.

## WHAT IS THE DIFFERENCE BETWEEN SHORT COURSE AND LONG COURSE?

Short course, typically during the winter, is competing in a 25m pool, long course, typically in summer, is competing in a 50m pool.

## WHAT IF MY CHILD HAS A DISAPPOINTING SWIM?

Sometimes swimmers have poor races or get disqualified. If your child approaches you after one of these instances, be positive with them. It is important for them to gain this experience and move past it. Give them a hug and encourage them to speak to the coach. Concentrate on what they think they could do to improve next time following advice from the Coach and not what you think they could do.

## WHAT DOES MY CHILD GET OUT OF COMPETING?

Your child gains a sense of accomplishment when all their practicing is paying off, a reason to set new goals for a personal best, more incentive to practice hard, and eventually an occasional bit of recognition with a ribbon, medal or trophy.

Above all, remember Swim Meets are really fun for the team members and a great experience to enjoy. Our Leadership Group is there for our swimmers, so please swimmers if you have any comments, suggestions, need some help or just want to say hello, as they would love to hear from you.

## FOR FURTHER INFORMATION

Please visit the ICA club website at [www.innercityaquatic.org.au](http://www.innercityaquatic.org.au) or email [info@innercityaquatic.org.au](mailto:info@innercityaquatic.org.au)

# SWIM SCHOOL CALENDAR 2017



**TERM 2, 2017:** 18 April to 2 July  
**TERM 3, 2017:** 17 July to 24 September  
**TERM 4, 2017:** 9 October to 22 December

- DIRECT DEBIT DAY
- PUBLIC Holiday
- NEW ENROLMENTS OPEN FOR FOLLOWING TERM
- MOVES & CHANGES PERIOD
- NO MORE MOVES/CHANGES FOR TERM
- TERM & FAMILY PAYMENTS OPEN
- TERM & FAMILY PAYMENTS CLOSE
- SCHOOL HOLIDAYS - NO LESSONS
- NEW TERM START
- HOLIDAY PROGRAM STARTS
- LAST DAY FOR DIRECT DEBIT CANCELLATIONS

APRIL 2017						
M	T	W	T	F	S	S
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24	25	26	27	28	29	30

MAY 2017						
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JUNE 2017						
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JULY 2017						
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31						

AUGUST 2017						
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28	29	30	31			

NOVEMBER 2017						
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SEPTEMBER 2017						
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DECEMBER 2017						
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OCTOBER 2017						
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JANUARY 2018						
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22	23	24	25	26	27	28
29	30	31				

# IMPORTANT DATES - 2017

	Term 2 2017	Term 3 2017	Term 4 2017
First day of term	Tuesday 18 April	Monday 17 July	Monday 9 October
Last day of term	Sunday 2 July	Sunday 24 September	Friday 22 December
Holiday break	Monday 3 July - Sunday 16 July	Monday 25 September - Sunday 8 October	Saturday 23 December - Sunday 28 January
Public Holidays	<b>ANZAC DAY</b> Tuesday 25 April <b>QUEEN'S BIRTHDAY</b> Monday 12 June	<b>GRAND FINAL DAY</b> Friday 29 September	<b>MELBOURNE CUP DAY</b> Tuesday 7 November
Moves & Changes	Tuesday 18 April - Sunday 14 May <b>CURRENT TERM CHANGES</b>  Monday 19 June - Sunday 16 July <b>FOLLOWING TERM CHANGES</b>	Monday 17 July - Sunday 13 August <b>CURRENT TERM CHANGES</b>  Monday 18 September - Sunday 8 October <b>FOLLOWING TERM CHANGES</b>	Monday 9 October - Sunday 5 November <b>CURRENT TERM CHANGES</b>  Monday 11 December - Sunday 28 January <b>FOLLOWING TERM CHANGES</b>
Holiday program bookings open	Monday 29 May <b>CURRENT STUDENTS &amp; SIBLINGS</b>  Monday 26 June <b>OPEN FOR NEW STUDENTS</b>	Monday 21 August <b>ALL WELCOME TO ENROL</b>	Monday 13 November <b>ALL WELCOME TO ENROL</b>
Upfront term and family payments open	Monday 29 May	Monday 28 August	Monday 20 November
Last chance to secure upfront	Sunday 11 June	Sunday 10 September	Sunday 3 December
Last day to cancel for following term	Sunday 2 July	Sunday 24 September	Friday 22 December
Holiday program dates	Monday 3 July - Friday 7 July	Monday 25 September - Thursday 28 September	Monday 15 - Friday 19 January & Monday 22 - Thursday 25 January
New enrolments open	Wednesday 5 July	Wednesday 27 September	Wednesday 3 January