

March 2020 Newsletter

Hi Guy's.

Here we go, it's March already. With Easter fast approaching. Make sure the kids get their Easter Rabbit picture to go into the colouring competition. Put their full name on them and we can put them up on our wall to check out all our little artist's 😊

Swimmers wall of FAME!! If you haven't already, we are placing everyone's handprint on our swim school wall. It gives our swimmers ownership and pride in their own school. They can see it every time they come in and see their own piece of handy art on the wall (get it!) It's looking great!!



THANK YOU!!

Thanks to all our amazing parents and kids that have been making a wonderful effort in keeping our recreation room clean and tidy. Every little bit helps, and it doesn't go unnoticed, very much appreciated. Shows pride and respect, which we value and love here at our swim school. THANKS AGAIN EVERYONE.



HEALTHY POOL NEWS

Some of you may already have heard. To make our pool healthier and happier to be in, we are changing over to magnesium salt. The health benefits are amazing and better for everyone entering the pool, including the environment. Better for anyone with sensitive skin, nervous system issues. It eases muscle soreness, no strong chlorine smell left on your skin and many more. We're so excited!! Recommended 30 minutes, which is our class time frame, you'll feel the benefits. YAY!

SWIMMING CAPS

With our new filtration we're wanting our swimmers to please start wearing swim caps. This has many benefits. It keeps swimmer's hair healthier. Stops hair getting in the way while in lessons, there for time in their lesson. Helps goggles stay on better instead of slipping off their hair. Helps to keep pool water quality better and filtration system healthier.

The silicone or material caps are easier to put on. I prefer the silicone because they tend to last forever if looked after and are soft on the hair without pulling it. They look great too when all the kids have them on. Nice to see some of the afternoon swimmers already adopting this healthy option. It's not mandatory but please give it some thought 😊



ADULT Lessons

We've been asked for adult learn to swim classes. If this interests you or someone you know, please let us know at the swim desk. We can run group classes or individual private class if preferred. Leave name and contact details and we can get you started.

EASTER POOL CLOSURE SAVE THESE DATES IN YOUR PHONE / DIARY / CALENDAR

To work with school holidays. Term 1 lessons will finish on Saturday the 4th April and Term 2 will recommence on Monday the 20th April. Direct debit deposit for term 2 will be on Wednesday the 8th April. Others, please pay 2 weeks deposit before term 1 finishes. Thank you.

Referral a FRIEND for your free lesson GIFT

The team at Swim 1 would like to say thank you to our regular customers for all your support during our transition. It is very much appreciated. We're excited seeing how quickly our swimmers are progressing. Now is the time to keep going and build on getting ready for next summer NOW!

When you refer a friend to Swim1 and they enrol into our swim school, you get a FREE lesson credit on your term booking. A gift on us for your valued support. Please make sure you receive your referral card, one per family 😊

We want everyone to feel the benefits of swimming!!

Second Lesson Discount

Always recommended where possible to increase consistency in lessons is to do 2 lessons per week. We understand time and financial constraints, so we're offering the second lesson at a discounted rate of \$13 which adds around \$50 in your pocket per term!! WOOHOO!

Health Awareness

Please note with change of season comes little bugs and viruses. We appreciate you don't want to miss your lesson, however, sometimes best to rest at home till all clear. Creating healthy environment for all concerned.



Staff Profile

Chris Spencer

Hi Guys. I have over 35 years' experience in the aquatics industry working with babies through to Australian team swimmers. Started my journey through surf life saving and fell into teaching by accident. I get to make a difference for the better and enjoy the changes as swimmers develop, not only through swimming but as people.

Silver Licence Swim Coach, ASCTA Teacher of Swimming, Pool Superintendent, ASCTA Presenter and more....

Highlights: Always seeing kids develop their self-worth and confidence through swimming. Developing world class teaching progressions, produced freestyle DVD and author of swim training manuals.

Coaching Highlights: National events coach on men's team, Australian Development Team coach – men's team. QAS coach and all the amazing people I've met throughout my journey, thus far.....

New Updated SWIM1 website coming. Stay tuned.



AQUA FITNESS

Wanting to get some aqua classes started in our little centre. Looking at Friday mornings to start. If interested or know anyone, please leave details at the swim desk.

QUOTE: GOOD MANNERS OPEN ALL DOORS 😊

Quote: "Winning doesn't always mean being first. Winning means you're doing better than you've done before" – Bonnie Blair, speed skater