



WELCOME TO THE FIRST EDITION OF THE CITYFIT SWIM SCHOOL NEWSLETTER FOR 2015. WE WOULD LIKE TO TAKE THIS OPPORTUNITY TO THANK YOU FOR CHOOSING CITYFIT SWIM SCHOOL FOR YOUR CHILD/CHILDREN'S LESSONS CONGRATULATIONS!



Pictured above are some of the children who made it to next level carnivals: Ethan Goldfinch, Max Campbell, Lyla Ditchfield, Nyssa Henderson, Isabel King, Pepper Jaques, Aleesha Gilvear

We would love to congratulate all our wonderful students who made it through to next stage carnivals. Some of these students include: **Regional:** Jack Gangemi **District :** Jasmyn Osborne, Joe O'Neill (WOS), Nick O'Neill (WOS), Jye Wade, Jake Davis, Tristan England, Emma Bromhead, Patrick Kelly, Hayley Nairne, Bayden Wolfe, Shannon Hastings, Cooper Sutherland, Ruby Gangemi, Georgie McPhail, Cooper Woods, Jacob Lamb , Mitchell Lamb, Daniel Googe (Kinross private), David Googe (Kinross private) **Western:** Brodie Wolfe, Isabel Schumacher, Ella Barret, Mitchell England, Callie Molkentin, Paddy O'Hara, Jack Dickenson, Lewis Dunshea, Olivia Gold, Liam Deegan, Ruben Martin-Clark, Harrison Noonan, Kodi Cuzner, Jack O'Hara , Baxter Fitzgerald (Hices), Matilda Fitzgerald (Hices), Alyssa Cranston (Hices) **State:** Paddy O'Hara

We know we have missed some names but a very big congratulations to you too. We are very proud of all of you and also very proud of everyone who just got in and had a go.

We would also love to congratulate all the students who became School CHAMPIONS:

Callie Molkentin—West Bathurst

Paddy O'Hara—St Philomena's

Jack Dickenson—Cathedral

Harrison Noonan—Assumption

Lewis Dunshea—Bathurst High

FACEBOOK

THE CITYFIT FACEBOOK SITE IS A HYPE OF ACTIVITY, WE POST SOMETHING AT LEAST ONCE A DAY.

Cityfit's Facebook is made up of members stories including our Swimming Stars, competitions, give-aways and all the latest news of the club. Like us, and keep up to date with all the Cityfit and Swim School news!



KIDS CLUB

GOT YOUR HAND FULL?
FINDING IT HARD TO JUGGLE ALL THE
KIDS ON THE POOL DECK AT ONCE?



Take advantage of our Kids Club while their siblings are in their lesson. With monthly themes, toys, games, puzzles, arts and crafts, music, movies and loads more the kids will have a blast! Enquire at reception today.

AUSTSWIM

TEACHING EXPERIENCE

You may notice at times your child has two instructors. This is because one of them is training to become a qualified AUSTSWIM instructor and member of the Cityfit team. It's a great learning opportunity for the training instructor before they are given any classes of their own. If you have any questions regarding this or would like more information on becoming a swimming instructor yourself please see Dana at reception.



MYTHS & FACTS

Myth - Learning to swim is a sport.

Fact - Learning to swim is an educational process just like learning your times tables.



Learning to SWIM should not be considered a sport until your child is a competent swimmer ready for squad level. Only as a member of a swimming squad will your child swim at an athletic level. Teaching your child to swim is vital for their safety around water, unlike other forms of exercise or sports, being a capable and confident swimmer could save your child's life.

Australia is a sporting nation, we are also a country where water is everywhere, even though other sports or extra-curricular activities are great for self-esteem, developing team spirit and fitness they will not save your child's life.

We encourage you to **KEEP YOUR KIDS SAFE** and **KEEP THEM SWIMMING**.

SWIMMERS FITNESS

Want to help your kids **IMPROVE** their fitness for **WINTER SPORTS**?

Keep them swimming! Swimming is the ultimate total body workout; it is low impact and builds excellent cardiovascular fitness. You simultaneously work your core, legs and arms. Muscles have to work harder against the resistance of the water.

So help them get ready for the sporting field by keeping them in the water!

Don't forget! It may be snowing outside, but our pool is heated to comfy 29°. Our pool deck is also heated for your comfort.



**SEE YOU
BACK FOR
TERM
TWO
FROM
MONDAY
20TH
APRIL.**

Staff Profile Maddy Lynch



Maddy completed her AUSTSWIM training with us throughout 2014 and officially joined the Cityfit Swim School Instructor Team in January this year.

Maddy said: "I have been involved in swimming since I was 5 years old. Even though I am no longer a competitive swimmer I feel it is an essential skill for children to learn and I enjoy watching them learn and develop the skills I am teaching them."

Maddy is currently completing her HSC and is also a regular at Cityfit when she is not working.

Her plans and dreams for the future are, "to do well in the HSC, further my education next year and develop my coaching and teaching skills in the pool."

She added that she is, "thrilled to finally have her own classes so she can watch her children learn and grow."

FREE WI-FI!

Cityfit now has FREE customer Wi-Fi for your convenience.

Current Password is: **getfittoday**

**CITYFIT
SWIM
SCHOOL**

Cityfit Swim School 106 Rankin St Bathurst P: 02 6331 4344 www.cityfitswimschool.com.au