



SWIM NEWS

The latest news from the Cityfit Swim School

Safety is Number One at our Swim School



Every term the Cityfit Swim School has a Safety Week to reinforce the dangers of water to students and parents. Lessons during the week focus on life saving skills and reactions that will help in a water emergency.

"Throughout the term our number one focus is teaching confident and safe swimming technique," said Swim School Coordinator, Dana Martin. During safety week we take this one step further and talk about specific dangers in different water environments.

"Families will be hitting the dam, beach or pool again soon and we want to remind everyone of the dangers of these environments," said Dana.

"The 2015 Royal Life Saving National Drowning Report reveals an alarming 30% increase in drowning deaths in children under the age of five. There were 26 drowning deaths in this age group in Australia from June 2014 to July 2015.

"Over half (54%) of these deaths occurred in swimming pools," said Dana. "The backyard pool remains one of the most dangerous water environments for our young children," she added.

"During Safety Week we ask our Swim School students to wear their pyjamas over their swimmers, this puts them in the water with a long top and pants on. With their pyjamas on students soon realise the challenges of swimming laps, treading water and getting out of the water (without the ladder) when fully dressed," said Dana.

"We also get the students to swim with no goggles on, we remind them that if you fall into the water it's fairly unlikely that you will be dressed for the occasion!

Congratulations to all our students that participated in SAFETY WEEK - we try and make what is one of the most challenging classes of the term as much fun as we can!



SWIMMER OF THE TERM

CONGRATULATIONS: RILEY & GEORGIE



At the start of the term Riley refused to put his face, ears or hair anywhere near the water and insisted that I hold him when we completed activities on his back. Riley can now blow bubbles with his whole face in the water, retrieve sinky toys from under the water as well as kick and float on his back completely unassisted! Well done Riley, massive improvement in just a couple of weeks! [Click here](#) to see how well Riley swims now (link video FB). Riley is pictured with instructor Emily



Cityfit Swim School instructor Kate said, "Georgie was nervous to get into the water for a few weeks because she thought that she had to swim like the older children with her head under the water and by herself." Georgie and Kate then spent a lesson sitting on the side of the pool splashing around and at the end of that lesson she was keen to hop in. Georgie is now kicking in the water, blowing bubbles, doing big arms and putting her head under. We are so proud of Georgie's improvement. Keep up the great work Georgie (right) is pictured with her sister Millie

Cityfit Swim School 'does the five'!

We are always looking at ways to improve our Swim School at Cityfit. So who do you see to get the latest techniques and theory on Swim School? **Laurie Lawrence of course!** Our Swim School Coordinator Dana Martin and instructor Sam Ford recently attended a Laurie Lawrence Master Class. They described the program as "awesome" and the information amazing!

"The passion and level of knowledge that Laurie Lawrence has for swim safety is un-matched, he was inspirational to be around and the masterclass has opened a world of possibilities for our swim school," said Dana.

"We look forward to continually developing our swim school and giving our students (your children) every opportunity to learn and feel confident in the water," Dana added.



What's with the ORANGE WHISTLE?

You may have noticed all of our Swim School Instructors wear an ORANGE WHISTLE. These whistles are to help create a quick response to pool emergencies such as spinal injury, heart attack or drowning.

The idea of wearing the whistle was developed by our team of instructors during a term meeting. We hold regular meetings to share ideas, receive consistent training and look for ways to constantly improve our school.

If you have any suggestions or feedback on our Swim School please don't hesitate to tell your instructor and they will bring it to the team's attention.

Staff Profile AJ NEWTON



AJ completed his AUSTSWIM training in 2012 and has been an instructor at Cityfit since January 2015.

AJ said,

"I decided to become a swimming instructor as it provides me with the opportunity to help kids develop an essential life long skill, while also allowing me to gain valuable experience for my future career as a school teacher."

Outside of Cityfit...

"I study fulltime in a Bachelor of Education (K-12)."

His plans and dreams for the future are...

"I aim to complete my degree and become a primary teacher or secondary English teacher.

I also dream to one day travel the world. I am very interested in all cultures around the world and would love to experience them first hand.

Another ambition I have had for quite a while is to become a general service officer for the Army reserves. I hope to begin on this path in the coming years."

AJ added, "I have really enjoyed teaching swimming for the past three years, everyday offers different challenges and new knowledge."