



SWIM NEWS

The latest news from the Cityfit Swim School

OLYMPICS WEEK

In Week 4 we had the opportunity to get on board and celebrate the Olympic Games. The week was full of smiles, costumes, races and Olympic Spirit. The aim of the week was having fun and promoting good sportsmanship. Fun was definitely achieved!! It's so important to instil in our children that life is not about winning or losing, it's about the journey and the enjoyment we have in achieving our goals and dreams. It was great to see the comradery and good sportsmanship from all of our students. We hope everyone enjoyed the week, as we sure did!



“I SWAM MY FIRST 25M” awards night



Our Term Three 'I SWAM MY FIRST 25M' awards night was a great success. Held on Friday 23rd September, it was a huge success and all participants were able to fulfil the requirements in order to succeed at the tasks. Well done to all the participants!!

Click the link to read more about our Term 3 awards night (as appeared in the Western Advocate).

www.cityfitswimschool.com.au/images/newsletters/I_SWAM.pdf

AND THE WINNER IS...ARNI ALLIGATOR

We are pleased to announce that Arni Alligator has been voted the new Cityfit Swim School Mascot.

During weeks 8 and 9 we held a vote for you to decide who our mascot was going to be. After counting all the votes we have a winner. We are now in the process of having this mascot designed and made, so it can make appearances throughout the term and become a part of the Cityfit family. We will keep you all informed of a launch date! The Swim School will also be holding a THEME WEEK about alligators during Week 4 (Oct 31 - Nov 5) so find something green you can wear to lessons and join in the fun.



SWIMMER OF THE TERM

CONGRATULATIONS:

MAX CAMPBELL, RYAN KELL AND RYAN PRINGLE



Max is a part of Kate's advanced squad, "he has put in a huge amount of effort this term along with every other" says Kate. He is learning more and more about each stroke style and technique to improve his pace in the pool. "Max is a great influence on other students as he knuckles down in each swimming task I give him", well done Max!



Ryan has been swimming with Emily for almost a year now. The past few terms we have worked really hard to correct his kicking and this term he has finally picked it up! Ryan has been continually working hard on both his freestyle and backstroke arms to combine with his kicking and now it's all coming together. He is now able to complete his freestyle and backstroke independently, well done Ryan.



Ryan's teacher Anneke is extremely proud of his efforts this term. In the beginning he required full support, but by assessment week, Ryan swam by himself! He did 2 laps of freestyle with the board and didn't stop once. "He can also swim 25 metres of backstroke all by himself" she said. What a great transformation within just 8 weeks.

The staff at Cityfit would like to congratulate you and commend you on your hard work and dedication, we can't wait to see your progress in the future.

ASSA CONFERENCE/ LAURIE LAWRENCE MASTERCLASS

Dana and Renee have been very busy this term outside of their usual Swim School hours. They both recently attended the ASSA Conference and the Laurie Lawrence Masterclass.

They used both experiences to learn more about the industry and gain ideas for you to utilise within our very own Swim School. They had a fabulous time and networked with many important people within the industry.

The fantastic knowledge gained from both events, from pool design to simple techniques for teaching freestyle kicking and even the New Mascot, will be brought back to Cityfit Swim School.

Thank you to Laurie, Emma, Evie, Harper, Ross, Emily and everyone involved in demonstrating and sharing their knowledge and passion for swimming.

To keep updated on what's happening at Cityfit:



Staff Profile

JESS BRENNAN



We have the pleasure of introducing Jess Brennan, one of our valued and talented Swim School Instructors at Cityfit Swim School.

Jess has been teaching learn to swim and started with us earlier this year.

Jess decided to become a swimming instructor as she believes that "swimming is a vital skill that all children should be taught". She enjoyed swimming when she was younger, which made her think it might be a worthwhile experience to teach others, just like she was taught at Cityfit when she was younger.

Outside of working hours, Jess is a first year Nursing student at CSU Bathurst.

Along with teaching swimming, she enjoys exercising and travel. Her plans for the future are to finish her Bachelor of Nursing and continue her travelling adventures.

