



CITYFIT SWIM SCHOOL



SWIM NEWS

The latest news from the Cityfit Swim School

H2O H.I.I.T is H.A.R.D!



H.I.I.T stands for High Intensity Interval Training. Our land-based Power HIIT class has been so popular amongst our members and guests, we have decided to take it to the water!

With 45 seconds of hard work followed by 15 seconds of rest continuously over a 30 minute class, our H2O H.I.I.T class will burn calories and increase cardio fitness without the impact (and heat!) involved in a land-based exercise class. At Cityfit we invite people of all ages and fitness levels to try our classes, but don't be fooled – this water workout was designed to challenge even our toughest cookies!

Don't believe us? Come and try it Tuesday 6.05pm or Wednesday 12pm.

We really care what you think

We would like to take this opportunity to thank everybody who participated in our annual survey.

We produce this survey because we are always looking at ways to improve the Swim School and our facilities, and who better to ask than the people who use them every day!

Last year our survey results told us we are on the right path. During the last 12 months we have added our pool blankets to keep the temperature balanced which has also created better seating for parents, refreshed the male change rooms and introduced an advanced level squad for those older children who need a little more oomph in their training.

Unfortunately we were unable to add the day spa and licensed bar with table service but we will be continually looking at ways we can keep improving and bring you the best Swim School we possibly can.

Watch the deck and this space for more improvements coming soon...

★ **THANK
YOU!**



SWIMMER OF THE TERM

CONGRATULATIONS: BEAU, LACEY & GEORGIE



Georgie has really stepped it up this term perfecting butterfly kicks and well on her way now to perfecting the whole stroke. Georgie is now killing it at Breaststroke as well. She is swimming 100m (sometimes more) without any trouble and does not slack off at anytime. She is always willing to listen and is always asking questions to try and better herself. Well done Georgie :)

Georgie is pictured with instructor Kate



Previously Beau was quite timid when I came to swimming and going under the water, lacking the confidence to put his eyes, ears or mouth anywhere near the water and he wouldn't swim without me holding him. This term Beau has had an incredible turn around, he confidently swims with his eyes down in the water both with and without the assistance of the noodle, he can float on his back with his ears in the water unassisted and loves more than anything to jack in the box under the water to see if he can touch the bottom of the pool! Well done Beau!

Beau is pictured with instructor Emily



Lacey started off the term still not being confident in her swimming skills and wouldn't do anything on her own. Midway through the term she completed a whole lap of freestyle with a kick board and then returned doing backstroke. She can now also swim one quarter of the pool freestyle without the kick board and half the pool in back stroke without assistance. She is like a little mermaid in the water! What an awesome job! Now Lacey is doing laps every lesson and is still improving. I'm so proud of her! Great work Lacey :)

Lacey is pictured with instructor Anneke

KIDS POOL XMAS PARTY

The Kids Pool Xmas Party was better than ever this year!!!

With both wet and dry activities organised there was something to do for everyone.

It was great to see students that lacked confidence in the water earlier in the year, splashing around in the colourful Cityfit pool having fun and loving the water!

The Move It kids joined us this year too.

With the Wahoo 4 Seater Chill Zone in full force along with the other activity stations it was not one to be missed.

The kids and instructors had a blast!



A GIFT THAT KEEPS ON GIVING



Stuck for gift ideas for your loved ones? Have your friends' children got enough toys, clothes and Frozen merchandise? How about a practical gift that will last a lifetime?!

January 18th – 22nd are our holiday intensive dates. At \$77.50 per week or \$54.50 for our Cityfit family club members, children get five lessons to seriously INTENSIFY their swimming skills, and let's face it, kids get soooooo bored during school holidays, right?

So we all know that childhood is a stage of continual learning about everything from language, math and minion movies! The consecutive swimming lesson days make it easier for kids' brains and muscles to retain the skills being developed, meaning faster learning and less stress for Mum and Dad during summertime beach and pool outings!

Ask one of our friendly reception staff for more information on these lessons or if you would like to purchase as a gift for a friend / family member.

**CITYFIT
SWIM
SCHOOL**

Merry Christmas
& a
Happy New Year

106 Rankin Street, Bathurst
Ph: 02 6331 4344
www.cityfitswimschool.com



KIDS POOL XMAS PARTY PICS



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