



C&M Aquatic Centre

WELCOME TO TERM 1 2019

Dust off those swimming bags and get ready for an exciting new term at C&M Aquatic Centre. We would like to welcome all of our new customers, students and returning families for 2019.

Swimming Lessons recommence tomorrow, Tuesday 29th January. Don't forget to bring your goggles, swimming cap and towel. For students in levels Dolphin and up don't forget your flippers and pool bouy.

WHAT'S BEEN HAPPENING DURING JANUARY HOLIDAYS

HOLIDAY PROGRAM INTENSIVE LEARN TO SWIM

Children participated in intensive swimming program every day which enhanced their swimming skills by having fun and cooling down during some of the hot days we have had.

WORKSHOPS - BEGINNERS TO ADVANCED

We conducted our Advanced, Intermediate and Beginner workshops during the January Holiday Program. Students worked on enhancing their strokes, endurance and race skills in a fun and active half day program. The children built up an appetite whilst swimming and enjoyed empty plates after their morning tea break.

SAFETY WORKSHOP

A successful Safety Workshop was run each week during the Holiday Program. Children learnt CPR, water awareness around beaches, rivers,

boats and swimming pools and survival swimming skills. They also experienced wearing life jackets and what to do if an incident occurred when falling out of a boat.

STAFF TRAINING

During the Holiday Program some students participated in free learn to swim lessons with our trainees. It was very beneficial for both the trainees and the students. Thank you to those families who participated.

All of these events will be offered during the upcoming April School Holidays.

SWIMMING IS A GIFT FOR LIFE!

Ducklings Classes - Parent & Baby program for 6 months to 2 years

Bubble bounce the year as your baby is introduced to water familiarisation in a positive, fun and engaging experience that will help with their motor skills, visual skills, oral expression, sound cues and water safety whilst bonding with their parent/guardian.



SAFETY WEEK - WEEK 5 : 25/2/19 TO 2/3/19

Enhancing your child's knowledge of water safety and survival drills will commence Monday 25th February to 2nd March.

Please ensure you bring the following items to your lesson:

Light summer clothing or pyjamas over their swimwear
A plastic bag for wet clothing
Goggles & Cap
Squad Equipment (if in Squads)
All students from Starfish level and above will swim with clothing on to educate them in changes in their swimming environment.

RACE NIGHTS

Race Nights are the perfect opportunity for students from Fish level and above to practice their swimming skills and put them towards their personal best as they gain racing skills.

C & M Aquatic Centre keeps a point tally system whereby students receive points for completing their race/s and also for achieving their personal best times. Race times are then displayed in the cabinet in the foyer.

Student's points are tallied at the end of the year. On Presentation night all students will receive a participation award and our top highest point scorers will be awarded with trophies and medals.



Race Nights will be held fortnightly on the following Fridays. Arrive at 6:45pm for a 7.00pm start.

- 8th February
- 22nd February
- 8th March
- 22nd March
- 5th April

Race entry is \$3.00 per student.

In preparation for students with upcoming swimming carnivals we have made the following changes to benefit our swimmers to BE READY, SET AND ACHIEVE their carnival goals.

Race Night will be run fortnightly for terms 1 & 4 and monthly for terms 2 & 3.

Each student can complete 3 races each race night. Freestyle, Backstroke and alternate stroke or kick dependent on swimming level. See the whiteboard in pool area near change rooms for upcoming race information.

Speak with the coaches for any racing tips or guidance during the night.

ACTIVE KIDS VOUCHERS

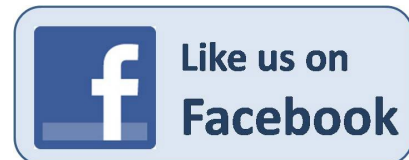
C & M Aquatic Centre are accepting the **2019 Active Kids Vouchers** only. Present your voucher at Reception or email your voucher together with Student's Name and Date of Birth to contact@cmaquaticcentre.com.au.

DIRECT DEBIT INFORMATION

- The Direct Debit is processed every month on the 10th of the each month.
- Your booking carries forward to the next term/year automatically.
- Direct debit payments are in advance are for all lessons between the dates of the 10th of the month and the 9th of the following month.
- If you decide to cease swimming then a Cancellation Form must be completed to stop future direct debit payments.
- **The direct debit does not include school holidays and public holidays.**

FACEBOOK

Keep posted and involved with what is happening at C & M Aquatic Centre by liking our [Facebook page](#).



C & M WEBSITE

You are receiving this email as you are either currently swimming or have previously swam at C&M Aquatic Centre.

*Our mailing address is:
C&M Aquatic Centre
27 Cahors Road Padstow 2211
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