

# Bluewater News



Bluewater

TERM 2

## Bluewater Stadium

The Bluewater stadium is complete and open for business.

The Colac Basketball Association held its competition grand finals in the stadium on Sunday 26 and Tuesday 28 March with the events very well supported by the local community.

Hundreds of people have visited the centre to throw their support behind the competing teams and made the most of the opportunity to check out the new stadium.

Federal Member for Corangamite, Sarah Henderson MP was in attendance to help celebrate the opening of the stadium along with Councillor Terry Woodcroft, Council's CEO Sue Wilkinson, Colac Basketball President Peter Lemke and Colac Secondary College Principal Simon Dewar.

The courts are available for casual use outside school hours and private bookings.

Bluewater Gold and Platinum members have access included in their memberships. Casual rates are \$18.90 Family, \$6.20 Adult, \$5.10 Concession and \$4.30 Child. Note that all children under 10 need to be accompanied by a supervising adult.

The courts are also available for bookings. For information on booking a court, visit the Bluewater website.

For more information on services at Bluewater visit our website [www.bluewater.org.au](http://www.bluewater.org.au) or call our customer relations team on 5232 9551.

### GROUP FITNESS CHANGES TO CLASS ACCESS

Due to the popularity of some of our group fitness classes, we've implemented some simple procedures in an attempt to ensure a fair and equitable system for accessing classes.

Classes are capped, depending on space and/or equipment.

Patrons are to obtain a pass for a class from customer service and hand the pass to the class instructor at the beginning of the session.

Cards are available 30 minutes before the class commences and entry to a class is stopped once the class begins. We have a 5 minute grace period for latecomers to join a class.

Term 2 timetables will commence on 3 April 2017 and will be running over the holidays as normal. No classes on public holidays.

Visit [www.bluewater.org.au](http://www.bluewater.org.au)  
or call us on 5232 9551  
for more information on our

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### OPEN HOURS

Mon to Thurs: 6am – 8.30pm    Fri: 6am – 7pm  
Sat and Sun: 8am – 4pm  
Public Holidays: 10am – 4pm



# Barwon Sports Academy & South West Academy of Sports

A group of young Colac athletes are training at Bluewater in a program specifically aimed at improving their performance through strength conditioning.

Eleven students; eight from the Barwon Sports Academy and three from the South West Academy of Sports are taking part in a program aimed at addressing their muscular imbalances, preventing injury and increasing performance in their chosen sporting fields.

Bluewater Gymnasium Instructor Dan Griffiths runs the sessions and said the program offered individualised programs for each of the athletes to improve their performance through the use or proper mechanics within their performance and assisted with injury prevention.

The students are aged between 11 and 16 and participate in a range of sports including golf, netball, cycling and clay target shooting.

The Barwon Sports Academy provides education and musculoskeletal screens to the students and Bluewater provides the athletes with programs aimed at addressing their muscular imbalances, preventing injury and increasing their performance.

The sessions will be running throughout the year.



**SHARNA WATERSON**  
GYMNASIUM INSTRUCTOR

**Qualifications:**

CERTIFICATE 4 IN FITNESS

LEVEL 1 KETTLEBELL TRAINING

**Training specialties/style:**

Fat loss, strength increase and building lean muscle.

Strength Training

High Intensity Interval Training (HIIT)

Sharna offers personal training through Bluewater. If you are after some one-on-one or group PTs, have a chat with her next time you are in.

Sharna is available for assessments and programs. If you are interested in booking in for an assessment with Sharna, contact our customer service staff when you are in or give us a call on 5232 9551.

**Interests:**

Training

Adventures

Hiking

Travel

**Sharna's classes:**

Bars n Bells

Crank

Boxing

Active Moves

Active Outdoors

[www.bluewater.org.au](http://www.bluewater.org.au)

# Manager's Memo

Dear members and patrons,

IT'S HERE, and we are excited. Our amazing three court stadium is ready to go and it all began on Sunday 26 March, as Bluewater hosted the Colac Basketball Association (CBA) grand finals. If you haven't been in to see it yet then come on in and have a look. We are extremely proud of the final product and are looking forward to the variety of sports and events the stadium has the potential to bring to the community.

If you are keen to get involved and participate in activities in the stadium, both the CBA and Colac Night Netball Association (CNNA), will be hosting competitions at Bluewater. Court hire in the stadium can also be booked if you are a part of a group in the community that would like to utilise space for sports based training or events.

In addition to this, if you are a Platinum or Gold membership holder at Bluewater you are able to access the stadium to casually shoot hoops outside of group booking times (please contact Bluewater reception for availability). If you don't hold one of these membership types, but would still like to access the facilities, you can do so for a casual user fee.

There will still be some final works happening around the outside of the stadium, these finishing touches will give the outside of the stadium a neatly finished drainage system and general tidy up.

On another note, we would like to congratulate Ben Waldron on his appointment to the role of Health & Wellbeing Coordinator. Ben will be looking after everything in the Gym, Group Fitness & Stadium until the end of September. A lot of you will know Ben's face from the time he has spent on the gym floor at Bluewater over the past five years and his involvement right across the facility.

Also a huge congratulations to Penny Smith, our acting Aquatics Team Leader. Penny recently WON the ISSF (International Sports Shooting Federation) World Cup in New Delhi, India. To take out the clay target shooting title Penny beat the 2012 Olympic Gold Medallist with a score of 40 out of 50 targets.

Across the rest of Bluewater:

- We have Term 2 of Swim School about to kick off following the Easter break from Tuesday 18 April. If you have not enrolled or are not 100% sure on your class times for next term please be sure to check with our customer service team. If your child has progressed to the next level of swim school, their class date/time may have changed.
- Don't forget about our adjusted public holiday operating hours with both Easter & ANZAC Day coming up. We are closed Good Friday and we will be open 10am-4pm over Easter and on ANZAC Day.

Regards,

**Simon Coverdale**

**Manager - Bluewater Leisure Centre**

IMAGE: Simon with Swim School Member Beau Wood who was interested to meet our new Manager.



# PROMOTING SAFETY

## POOL RULES

At Bluewater we want patrons to have an enjoyable experience in a fun and safe environment.

As with most aquatic facilities, we have rules to minimise risk and help promote safety within our centre. Rules such as no bombing, backflips, diving, rough play and running are high on the lifeguards' radar as these activities are most likely to result in injury to either the patron or innocent bystanders.

Although lifeguards are highly qualified to respond to emergency situations, it is always best to educate patrons on risk rather than have to provide first aid after an accident occurs.

Lifeguards patrol a large area and are responsible for every patron on pool deck. Managing a large crowd is less stressful when everyone is following the rules and promoting safe water practices in the centre.

## ACTIVE SUPERVISION

At Bluewater we promote the "Watch around the Water" program. All children in our facility under the age of 10 must be under the supervision of an adult, this includes during swim school. All children under the age of five must be within arm's reach of a supervising adult. This is to ensure that children are closely monitored at all times, remember it only takes 20 seconds for a child to drown.

## AEROSOL DEODORANT

We prohibit the use of aerosol deodorant in our facility as this can trigger asthma in people predisposed to attacks. Lap swimmers and swim school participants can be affected by fumes from aerosol sprays when sprayed in the aquatic changerooms.

## NO SMOKING

As a Council facility, there is strictly no smoking in or around Bluewater. This includes outside the perimeter of the centre.

## TERMS AND CONDITIONS OF ENTRY

Terms and conditions of entry can be located at the entry to both the gymnasium and aquatics areas. We ask that patrons familiarise themselves with these terms and conditions to ensure everyone enjoys a fun and safe experience at Bluewater.

# MEMBERSHIPS AND MULTIPASSES

## MEMBERSHIPS

All members are asked to scan their membership card through the access control points when entering the centre.

Direct Debit Members are asked to report to customer service if they have been notified of a payment rejection.

A modification form needs to be submitted to customer relations to put a membership on hold or to cancel.

## MULTIPASSES

All multipasses have an expiry date. A 10 visit pass has a six month expiry and a 30 pass has a 12 month expiry. This is from date of purchase and is printed on the copy of your receipt. Anyone who has passes left close to expiry can contact centre management to request a time extension in order to use the passes left on their profile. We want you to make the most of your time at Bluewater.

# EASTER PUBLIC HOLIDAY HOURS

WE ARE CLOSED GOOD FRIDAY

PUBLIC HOLIDAY HOURS (10AM - 4PM) APPLY TO EASTER SATURDAY (15TH), EASTER SUNDAY (16TH)

AND EASTER MONDAY (17TH).

