

Bluewater News



Bluewater

TERM 4

SWIM SCHOOL

Swim School Term 4 is bound to be a big one with winter sports finishing up and summer on the way.

We will commence the re-enrolment process with class confirmation for our existing direct debit students during the week of September 5 and the re-enrolment process for our existing paid in full term members during the week of September 12.

We will be taking new enrolments from September 19.

How do I enrol my child in Bluewater's Swim School?

If your child is new to Bluewater Swim School, book a FREE 15 minute assessment to determine the correct level for your child

With the level determined, Customer Relations can process your enrolment, payment plan and membership card.

Students report to Customer Relations prior to each lesson to have their attendance recorded.

Throughout the program, students are assessed on an individual basis during ordinary class drills and skill demonstrations. When a student meets the 'must see' criteria, instructors provide them with a progress token.

Students present their progress token to Customer Service in exchange for the Level Award. At this time, Customer Relations will assist with the transfer into the new level when a position is available.

How much does it cost?

Direct Debit \$21.50 / fortnight per child joining fee \$14 (if not a current member).

Paid in Full \$12.40 per lesson per child. Paid in Full memberships are to be paid in full at the time of enrolment.

Visit www.bluewater.org.au or call us on 5232 9551 for more information on our Swim School.

BIRREGURRA AND FORREST OVER 50S

GYMNASIUM GROUP FITNESS

DID YOU KNOW BLUEWATER HOLDS OFFSITE PROGRAMS FOR OVER 50S AT BOTH BIRREGURRA AND FORREST.

THE SESSIONS ARE HELD AT BIRREGURRA TUESDAY MORNING AND FRIDAY AFTERNOON AND IN FORREST TUESDAY AFTERNOON.

FOR MORE INFORMATION CONTACT BLUEWATER ON 5232 9551

COST: \$5 PER SESSION

OPEN HOURS

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

FUNKITA®



FUNKITA - "Have fun, get fit, go fast" Swimwear now available at Bluewater

Whether you're an Olympic athlete or an everyday athlete with Olympic sized dreams, Funkita is committed to providing athletes with products that will survive.

Funkita is an Australian company which launched in 2004 with the aim to deck swimmers out in an awesome range of comfortable and colourful chlorine resistant swimwear that stays on and keeps everything in the right places.

On the bums of swimmers, triathletes, divers and surf lifesavers, Funkita took off as the brand to dive in, streamline, catch waves, somersault, chase seagulls and of course just get wet in!

Made from C-Infinity, a premium Italian polyester fabric exclusive to Funkita, their colours won't fade and their swimwear won't lose its shape even after hours in chlorinated water or under the sun.

In every product they make, Funkita make a commitment to maximise the quality of their inputs while maintaining the most affordable price.

*Designed by athletes,
for athletes.*

They are not the cheapest product on the market because they pay for the highest quality inputs and maintain strict manufacturing standards, but they're not the most expensive either because they don't invest in extravagant marketing campaigns that in the end, are paid for by the customer.

**WIN A FUNKITA OR
FUNKY TRUNK
TOWEL**

TO ENTER....

CLICK ON OUR FUNKY TOWEL
COMPETITION ON THE BLUEWATER
FACEBOOK PAGE AND FOLLOW THE
PROMPTS.

FUNKITA®

**FUNKY
TRUNKS®**

 Bluewater

APOLLO BAY POOL - SUMMER OPERATION

Peak season (New Year's Day to Australia Day, inclusive) Monday to Sunday, 11am - 6pm

Shoulder months (December 3rd to Labour Day, excluding Christmas Day) Saturday & Sunday, 11am - 6pm

Conditional weather policy

The pool will only be open at the times indicated above if the Bureau of Meteorology forecast temperature for Apollo Bay is 20+ degrees Celsius at 6pm the previous day.

Evening sessions will be available if the Bureau of Meteorology temperature is 30+ degrees Celsius at 3pm on the day.

- Peak season, extended to 8pm.
- Shoulder months, 3pm - 6pm.

Prices:

| | | | |
|------------|--------|------------------------|----------|
| Adult | \$6.20 | Season Pass Adult | \$170.00 |
| Concession | \$5.10 | Season Pass Concession | \$128.00 |
| Child | \$4.30 | Season Pass Family | \$275.00 |

LEARN TO SWIM

ENROL NOW
For Summer
vicswim.com.au

\$30*
for 5 sessions
*An additional entry cost may apply at some pools.

VICSWIM PROGRAM DATES 2017 - APOLLO BAY

Enrolments open 17th October 2016

- Program 1: Tuesday 3rd January - Friday 6th January
- Program 2: Monday 9th January - Friday 13th January
- Program 3: Monday 16th January - Friday 20th January

Check out the VicSwim website: <http://www.vicswim.com.au/> for further details and to enrol.

RED WRISTBAND PROGRAM

In the early summer of 2000, Jenny (aged 2) visited the local pool for the first time with her mother and older sister Kate (aged 4). After supervising her girls for some time, Jenny's mother needed to go to the toilet. She told Kate to watch her little sister while she was absent for five minutes. Underlying her choice was the assumption that staff and other attendees would keep an eye on her children.

At approximately 5.30pm, a 14 year-old patron found Jenny face-down in the teaching pool. Realising it was an emergency she carried Jenny to the side of the pool and alerted Lifeguards. Was Jenny's mother prepared for her visit to the pool? Could she have done anything differently that might have prevented her daughter's death?

As Lifeguards, Bluewater staff are exposed to haunting stories such as Jenny's to highlight the importance of vigilance. The risk factors are used as discussion points that Managers or Supervisors can use to drive prevention strategies. So why do children drown at public pools?

NATIONAL DROWNING REPORT

Each year Royal Life Saving Society (RLSS) produces the National Drowning Report examining drowning deaths in all Australian waters, with particular focus on the deaths that occur in public pools. Statistics show that children drown for a range of reasons, all of which are related to one or more of three factors:

- Parents and Carers
- The Child
- The Aquatic Environment

Risks around the child are obvious – they have limited strength, judgement, physical coordination and intellectual development to recognise dangerous situations or get themselves out of trouble. Risks related to the aquatic environment are controlled by facility management – e.g. design, accreditation, hazard and incident control measures and ongoing staff training. Bluewater has introduced a Red Wristband Program, which is particularly interested in the risk factors related to parents and carers.

RISK FACTORS RELATED TO PARENTS AND CARERS

- Absence or lack of adequate supervision.
- Unrealistic expectations of young children's behaviour and self-control.
- False sense of security when each parent or carer mistakenly assumes that the other is supervising the toddler.
- Parents being unprepared (e.g. leaving a child to fetch a forgotten towel).
- False belief that the presence of another child or children reduces the threat of a child drowning. Other children often misunderstand that a drowning child is in danger, mistaking their movements for playing and not alerting adults.
- False believe that safety devices such as buoyancy aids, flotation devices and inflatable pool toys provide adequate protection.
- Inability to recognise the signs of a child in difficulty.
- Complacency at aquatic leisure centres and therefore not being as vigilant.

Assuming that aquatic leisure centres are safe because lifeguards are present and supervising the child.

As Matthew Griffiths, National Manager of Aquatic Industry Services for RLSS says, "We need parents to realise that they can't check their responsibility at the door. While lifeguards do a great job at keeping our pools safe, they are not babysitters and cannot provide one-on-one supervision for every patron in a centre."

As such, aquatic facilities need to find other strategies to improve children's safety through improved parental supervision. To that end, Bluewater has introduced the Red Wristband Program.



Bluewater's red wristband program details

Children 0-5 years old & non-swimmers

Patrons of this age and ability will be issued with a red wristband on admission, to help lifeguards identify that they require close supervision. That means accompaniment into the pool and constant supervision within arm's reach at all times. If a lifeguard sees a wristband wearing child without a parent/guardian in arm's reach, they will seek to reunite the child with their carer.

Children 6 – 9 years old

These children require constant active supervision. The parent or carer should be:

- **Prepared** – Having all aquatic and personal needs on hand so that their attention may be focused on their child at all times. Trips to the car or kiosk for towels and snacks compromise supervision continuity.
- **Proximal** – Distance will vary depending on the child, their swimming ability and the environment. Parents are required to reposition themselves to maintain proximity and line of sight.
- **Attention** – An attentive parent or carer may be one that is in the water playing games with their child or sitting on the edge watching and talking to their child. Conversely, an inattentive parent or carer may be sitting away from the pool distracted by their mobile phone or reading a book. RLSS recognises two elements of attention – physical and visual. For children aged 6-9, it is expected that parents or carers maintain constant visual contact.
- **Continuity** – This refers to the period or sequence of supervision provided by the parent or carer. As with Proximity, the regularity with which a parent or carer checks on their child is depending on each individual context. For children aged 6-9, the continuity is expected to be without interruption. Only when the child is aged 10+ may the supervision be intermittent.

Children 10 years & over

For this age group, parental supervision may be intermittent and/or absent. In other words, they don't have to be present in the centre, but if their child's swimming ability determines that they stay, it is recommended that they physically check on their child several times during the course of their visit.

EDUCATION/BEHAVIOUR CHANGE

Our hope is to increase awareness, iron-out misconceptions and change attitudes about what is appropriate supervision at public swimming pools. Around the issue of supervision, RLSS research has shown there are seven stages of behaviour through which a parent may progress. For example, Stage 1: Unawareness of Precaution, pertains to parents who have never heard of using supervision to keep children safe from drowning. Stage 7: Maintenance, describes parents who always supervise their children when around water and remind others to do the same.

With a scale of 7 different levels of awareness and/or attitude, it's natural to expect that conflict will arise between individuals with differing views, opinions, ideas and interests. It follows that the issue of conflict and anti-social behaviour within the aquatic and recreation industry is becoming increasingly significant and widespread. Here at Bluewater, we're committed to maintaining positive relationships and working in partnership with our patrons to ensure the supervision of children is everyone's priority.

Our conflict management techniques include:

- Transforming problems into creative opportunities.
- Building rapport.
- Applying strategies to attack the problem and not the person.

Our message to parents is this:

Please don't be offended if you are educated on how to improve the level of supervision you are providing your children or the other children in your care.

A lifeguard's actions are not based on their personal thoughts or judgements; they're based on professional observations, consolidated knowledge of proven risk factors and constant exposure to gut-wrenching case studies such as Jenny's.

Our staff will be mindful of using courteous reminders, positive reinforcement and helpful education as the basis for all communication around supervision levels, never disappointed or accusatory tones. But it works both ways. We need patrons to trust our professional background and willingly comply. Ultimately, drowning prevention is a community partnership – please get on board.



SCHOOL BASED TRAINEES

This year Bluewater has two school based trainees working on the team, Ben Drayton from Trinity College (Monday) and Jasper Coutts from Colac Secondary College (Wednesday).

The guys have been working with our trainers, assisting with the delivery of group fitness classes, assisting with client assessments and writing up fitness programs along with completing some of the general administrative tasks that are part of our day-to-day operations.

Ben Drayton - Trinity College

Ben plays footy with Alvie U17s and cricket (also with Alvie) and doesn't mind a round of golf with friends.

"I enjoy helping people reach their potential and work with them to achieve their fitness goals".

"It's great having these two young men on the team, gaining valuable industry experience". James Morgan Dry Operations Coordinator.

Jasper Coutts - Colac Secondary

Jasper plays footy with Otway Districts Under 17s and cricket.

Jasper likes lifeguarding, taking the group fitness classes and assisting the trainers with clients.

Ben and Jasper are studying a school based traineeship in Community Services through Vic Group Training.

If you see Ben and Jasper in the centre, be sure to say "Hi!" and introduce yourself.



above:

Ben Drayton with Ben Waldron

below:

Jasper Coutts and Marcus Larcombe





KATHI MORRISSEY
GYMNASIUM INSTRUCTOR

Qualifications:

Austswim Teacher, Certificate IV
in Fitness, Gymnastics Australia -
Beginner Coach

Training specialties/style:

Aquatic Group Fitness, Swim
Teaching and Metafit.

Interests:

Family - four children and 3
grandchildren. Netball and my horse
who I don't spend enough time with.

I love to teach swimming and taking
the group fitness classes, as I love
to stay fit myself, it is the perfect
opportunity to tie my interests in with
work.

Kathi's classes:

Metafit - Wednesday 9.30am
Aqua Moves - Wednesday 10.30am
Aqua Moves - Friday 9.30am
Aqua Logix - Tuesday 6.30pm
Aqua Logix - Thursday 9.30am
Aqua Logix - Thursday 6.30pm
Open Squad - Thursday 5.30pm

www.bluewater.org.au

Manager's Memo

Dear members and patrons,

As you are most likely aware, Russell Whiteford has recently resigned from his role as Bluewater Leisure Centre Manager to take on an exciting opportunity with the Kardinia Park Trust in Geelong. I know it was a difficult decision for Russell to leave Bluewater however the opportunity to move to the new position in Geelong, both professionally and personally, was too good to refuse. Russell leaves with our full blessing and wish him all the best for the future.

Following an extensive recruitment process, I am pleased to announce the appointment of Simon Coverdale as our new Bluewater Leisure Centre Manager. Simon comes to Bluewater with significant experience in the leisure industry, having been employed for the last six years as the Health & Fitness Manager at Leisurelink.

During his time with the City of Greater Geelong, Simon has also undertaken management roles at other facilities including Simonds Stadium, The Arena, Water World and Splashdown. Simon started out in the industry operating indoor and outdoor pools in and around Portland, so he knows the ins and outs of operating aquatic facilities.

Simon and his young family live in Winchelsea and he has a great feel and respect for the importance of community facilities in regional areas.

Simon will commence with Bluewater on Monday 26 September 2016.

On another note, Swim School enrolments for Term 4 are pouring in, it looks like it will be our biggest term yet. We will be taking new enrolments from Monday September 19, so contact the friendly team at Customer Relations on 5232 9551 for more information or to book an assessment.

Finally, our group fitness timetables for Term 4 will be released on the second week of the school holidays, so keep an eye out for these.

Regards,

Ian Seuren

Council's Manager Arts and Leisure

Did you know???

- It is a condition of entry that all patrons scan into the access control points to the pool and gymnasium.

Members are to scan in their membership card and casual patrons are to scan the barcode provided to them at the time of purchase. If you experience any problems with access control, please see customer service for assistance.



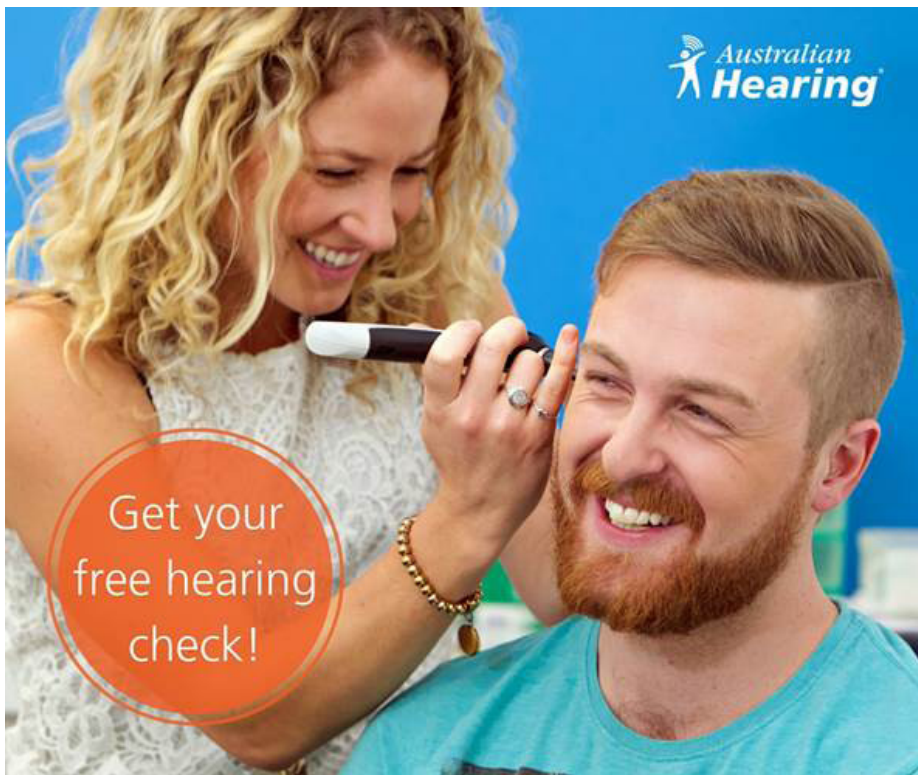
- Aerosol deodorants can cause allergic skin reactions, asthma and breathing difficulties in predisposed individuals. Please heed the posters and wait until you've left the pool hall before using aerosol deodorants. We have previously had people suffer significant asthma attacks from exposure to chemicals from aerosols sprayed in the aquatic area.



- The Term 4 Group Fitness Timetables will be available on the website and from Customer Service during the second week of the school holidays. Keep an eye out for your copy.

TERM 4 GROUP FITNESS

- We're excited to team up with Australian Hearing to offer hearing checks to the local community. Come down to Bluewater on the Thursday the 6th of October and Tuesday the 8th of November between 1pm-3pm to speak to the friendly team and get your hearing checked!



Session info

PILATES

Matwork and bodyweight exercise

Monday, Tuesday, Thursday & Sunday

COST: \$10.10 - \$12.30 per session

BOXING

Full body workout that packs a punch!

Tuesday, Wednesday & Friday

COST: \$10.10 - \$12.30 per session

YOGA

Strengthen & stretch your body and mind

Thursday

COST: \$10.10 - \$12.30 per session

CRANK

High intensity cycling class

Monday, Wednesday and Saturday

COST: \$10.10 - \$12.30 per session

OVER 50 PROGRAM

Variety of gymnasium and group fitness both dry and aquatic.

Weekdays, see timetable for more info.

COST: \$6.80 per session

BOOTCAMP - COMING SOON

Keep an eye on our Facebook page for more information on our upcoming bootcamp.

METAFIT

30 minute high intensity bodyweight program.

Wednesday and Friday

COST: \$10.10 per session

BARS N BELLS

45 minute functional high intensity class using kettlebells and barbells

Thursday and Saturday

COST: \$10.10 - 12.30 per session

For more information visit www.bluewater.org.au