

Bluewater News



Bluewater

YOGA
TERM 3

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NEW TO BLUEWATER

With much anticipation we are pleased to be introducing YOGA to our Group Fitness Timetable in Term 3.

We are delighted to have Yoga Instructor Tamzin McLennan on board to take the sessions, which along with our Pliates classes, add a whole new wellness feel to our class line up.

Tamzin initially started practicing yoga to combat soreness she had developed from her daily gym-based routine.

She quickly discovered that yoga helped her recover faster from injuries, improved her flexibility, balance and core strength.

"I found that I enjoyed the philosophy, mental discipline and mindfulness that came with practicing yoga, and I wanted to learn more," she said.

Tamzin completed her yoga teacher training at the Byron Yoga Centre in 2014, which is one of Australia's most highly regarded yoga schools. She did further training in vinyasa flow yoga in

2015 when American hot yoga pioneer Jimmy Barkan visited Melbourne.

Her aim now is to share her knowledge and passion for yoga with us.

"The style of yoga I teach is vinyasa flow, which in essence involves a collection of yoga postures that are arranged in a flowing sequence, with movements matched to the breath".

"During Bluewater's new one-hour yoga class, participants will experience an elevated heart rate and warming of the body, perhaps a few poses that challenge balance and stamina, some great stretching sequences and of course some time for relaxation – all the time connecting to the yogic breathing that helps us create a sense of calm and wellbeing."

Participants do not need any previous experience with yoga, but a base level of fitness is recommended.

THURSDAY 6PM

NEW:

BARS N BELLS

GYMNASIUM GROUP FITNESS CLASS

BARS N BELLS IS A FUNCTIONAL HIGH INTENSITY CLASS THAT PRIMARILY USES KETTLEBELLS AND BARBELLS.

IF YOU'RE LOOKING FOR A CLASS THAT DEVELOPS STRENGTH, POWER, ENDURANCE, MOBILITY AND FAT LOSS, THEN BARS AND BELLS IS FOR YOU.

45 MINUTE CLASS

THURSDAYS - 9:30AM

COST: \$9.90 - \$12.00

OPEN
HOURS

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



CHILDCARE AT BLUEWATER

Bluewater Childcare is embarking on a journey to embed sustainable practices in our service.

Through the support of the Colac Otway Shire's Environment Unit we have been able to purchase a worm farm, compost bin, water tank, children's gardening kit and the materials for a vegetable garden bed for all abilities.

We have also been able to source largely indigenous plants suitable for a childcare environment. Our choice of plants is intended to provide colour, texture and varied plant shapes that will require minimal ongoing resources but still provide safe play and learning opportunities for the children.

These resources will benefit the children in our care through:

Increased awareness of themselves as part of the environment and the broader society.

HOURS OF OPERATIONS

MONDAY - FRIDAY

9AM - 11.30AM

Learning basic theories and practices about the impact they have on the environment and how environmental factors affect their lives. e.g. if it doesn't rain we don't have any water in our tank to water the vegetables.

Enhancing each child's sense of identity and wellbeing by working with others on a common task and having the opportunity to contribute to decisions.

We are most grateful to Council's Environment Unit for their support and guidance with this project.



Our newest staff members Sam and Hayley (above) and Shantel (below) with Koah checking out our new worm farm.



STAFF
PROFILE



KYLIE EDWARDS
GYMNASIUM INSTRUCTOR

Qualifications:

CHEK institute holistic lifestyle coach, Balanced Body Pilates comprehensive instructor, National Council of Strength and Fitness personal trainer, TRX suspension training, USA Track and Field level one coach, AGATSU kettle bell instructor.

Training specialties/style:

For strength training classes and personal training I enjoy combining functional weight training movements with pilates and mobility work for challenging workouts that get results while helping to correct muscle imbalances.

I enjoy teaching pilates as a modality to help people increase strength and move more efficiently in their sport and everyday life, as well as increasing flexibility and reducing pain.

Interests:

Horse riding, body surfing, camping, reading, mountain biking, cooking, growing veggies and bee keeping.

Open Group Training session info:

Monday & Wednesday 6:15am

Open Group Training cost \$75 for members and \$125 for non members

To enrol in Kylie's or any of our open group training sessions give the Bluewater team a call on **5232 9551**.

For more information on Open Group Training visit our website www.bluewater.org.au

Managers Memo

To all our Members and Patrons,

Firstly on a personal note, I want to pass on that I have recently resigned from my position with the Colac Otway Shire to take up an opportunity in Geelong. My last day at Bluewater will be the 26th of July. I can't thank our staff, our members and the community enough for making Bluewater the place that it is. The experience that I have gained here throughout the Bluewater redevelopment project is invaluable and more importantly, the people that I have gotten to know throughout my time here will ensure that I look back on this time favourably. I also want to recognise the Colac Otway Shire organisation for the huge amount of support they have provided to me which has enabled me to learn so much. I'm very grateful for my time here and hope to catch many of you over the next few weeks.

Hopefully you're staying active this winter. July has historically been our quietest month for the year for both pool and gym attendance, it's just so dark and cold! There are however, some simple strategies that you can put into place to keep active this winter, particularly if you are having a hard time getting to the gym. Here's three for you:

Train with a buddy – one of the best ways to re-motivate yourself and keep active through winter is to team up with a friend and try a new routine. You will be able to keep each other accountable, catch up with friends, while you're exercising and keep your winter movement light hearted and enjoyable.

Have the right training gear – keeping warm and still being able to move freely (not needing to wear 100 layers of clothing) is going to help keep you comfortable and unrestricted when exercising. Make sure you have some tights, beanies and long sleeve dry fit tops that keep the moisture off when you are sweating but also protect you from the elements. In our retail area we, stock some affordable options if you need additional winter training gear, wink wink.

Talk to our trainers about exercises that you could do at home – if you are finding it hard to get to the gym as often as you would like, feel free to talk to our trainers about how you can supplement your program at home (maybe even in front of the heater) so you're not losing fitness when you're not coming as frequently. This will help you to maintain a better base once spring rolls around and motivation is on the rise again!

On the 22 June, Council adopted the 2016/17 budget. As a result we will have price changes come into effect for Bluewater as of 1 August. Please see our customer service staff for updated prices or to make changes to your membership prior to 1 August.

Lastly, be sure to give us feedback about our program and timetable changes for Term 3. At the end of the day, we aim to meet the needs of as many of people in our community as possible through the programs that we provide and we always welcome your feedback.

Russell
Centre Manager



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.



- Bluewater promotes the importance of active supervision at the facility. All children under the age of 10 need to be under the supervision of a parent/guardian.

In the aquatic area, all children under five need to be accompanied in the water.

All children between the ages of five and ten need to be monitored at all times, this includes whilst children are in swimming lessons.



WATCH ME!

- The Term 3 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 3 GROUP FITNESS

COMMUNITY CHEF - HAVE YOU TRIED OUR NEW MEALS?

The Beechy Cafe at Bluewater now stocks a range of Community Chef protein meals and with the cold weather now upon us, our range of meals and soups are the perfect winter warmers.

Quick and easy for people with a busy lifestyle, these have been designed for people on the go. You can eat in or grab one on the go, after your workout.

Community Chef work hand in hand with Leading Nutrition on all stages of their menu development. These meals are low in salt and the nutritional balance has been independently certified.

TASTY - LOW SODIUM - HIGH PROTEIN - CALORIE CONTROL

The following meals are available:

Chicken and mushroom quinoa risotto - chicken and sweet potato turkey burgers - penne bolognese - chicken brown rice rattatouille.

We will also be stocking a range of soups which will vary but include:

Chicken and bacon - chicken and celery - chunky minestrone - pea and ham - creamy vegetable - potato and leek - chicken and broccoli.

Last month we had a tasting night and have had an amazing response to the products.

Patrons can purchase individual items or can buy in bulk by pre-ordering through customer service.



Session info

PILATES

Matwork and bodyweight exercise

Monday, Tuesday, Wednesday, 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

CORE

30 minute class - abs, hips and lower back.

Saturday only

COST: \$10.10 per session (30 min)

METAFIT

30 minute high intensity bodyweight program.

Wednesday and Friday

COST: \$10.10 per session

OVER 50 OFF SITE

Held in:

Birregurra - Tuesday 9am & Friday 3pm

Forrest - Tuesday 11am.

COST: \$5 per session

* Prices as of 1 August 2016

For more information visit
www.bluewater.org.au