

Welcome!

The News Splash newsletter will keep you updated on past and upcoming events, programs, information and real life stories.

About the Academy

The ASTA has been designed as a highly functional aquatic education and training precinct. A facility in which to acquire vital lifesaving skills and knowledge.

Aquatic Safety Training Academy
Supported by Royal Life Saving NSW

78 Best Road
Seven Hills NSW 2147

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www.aquaticacademy.com.au

Our office hours

Monday	9.00am - 6.00pm
Tuesday	9.00am - 6.00pm
Wednesday	9.00am - 6.00pm
Thursday	9.00am - 6.00pm
Friday	9.00am - 6.00pm
Saturday	8.30am - 12.30pm
Sunday	9.00am - 12.00pm



**AQUATIC SAFETY
TRAINING ACADEMY**
ROYAL LIFE SAVING

Do you want to Become a Swimming Teacher

All swimming instructors at the Aquatic Safety Training Academy are AUSTSWIM qualified.

AUSTSWIM is Australia's national organisation for the teaching of swimming and water safety™.

AUSTSWIM has developed quality aquatic education program for those wishing to enter the aquatic industry as a teacher of swimming and water safety™.

The AUSTSWIM accreditation is the industry standard for swimming and water safety teachers™ and is delivered and recognised in each state and territory of Australia and many countries overseas.

For more information on becoming a swimming Teacher contact Reception.

Viewing Area

Please remember that we appreciate parents and spectators using the viewing area. Please move off pool deck as soon as your child has entered their class.

Helpful Tip!

It's best not to have anything to eat or drink for the hour before swimming - little tummies tend to not cope well with food then swimming!!! **Please be aware there is to be no food or drinks consumed on pool deck.**

CPR Awareness Courses for Parents & Carers

Each term we offer CPR Awareness for Parents/and Carers. In the week starting Monday 14th November, all Aqua Health members and the parents of children enrolled in our Swim School will have the opportunity to complete a CPR Awareness course.

Course times are:

Monday 14th November &
Friday 18th November at 4pm
Wednesday 16th November &
Saturday 19th November at 10:30am

Bookings are essential. Please see reception for details and information.

Royal Life Saving has developed fact sheets on water safety issues in Australia. Contact Royal Life Saving on: 1300 737 763 or download them from: www.keepwatch.com.au



January School Holiday Intensive Programs

During the School Holidays we will be running programs that will be suitable for the Preschooler and School Aged children.

Holiday Intensive Learn to Swim

30 minute classes aimed at providing your child with basic Learn to Swim and Survival Skills.

Date	Time	Cost
Mon 19th – Thurs 22rd Dec	9.00am – 12.00pm	\$58.00
Tues 3rd – Friday 6th Jan	9.00am – 12.00pm	\$58.00
Mon 9th - Friday 13th Jan	3.00pm – 6.00pm	\$72.50
Mon 16th – Fri 20th Jan	9.00am – 12.00pm	\$72.50
Mon 23rd – Fri 27th Jan Excludes Thurs 26th Jan	3.00pm – 6.00pm	\$58.00

Squad Training

75 Minutes – An average distance of 2500m will be covered during each training session.

Swimmers must be at Development or Junior Squad Level to participate in this Clinic

Date	Time	Cost
Mon 16th - Friday 20th Jan	8.30am – 9.45am	\$11.00*

* per session (discount for multiple sessions within the week)
Morning tea not included.

The Junior Lifeguard Clinic

2 Hours - The Junior Lifeguard Clinic provides opportunities for children to further develop swimming skills at the same time as developing new and challenging lifesaving skills. Children will be learning skills that could one day save a life.

Date	Time	Cost
Mon 16th - Friday 20th Jan	10.15am – 12.15pm	\$100.00

* Morning tea not included.

5 x Squad Training and Junior Lifeguard Package

Morning Tea will be included between 9.45am – 10.15am

Date	Time	Cost
Mon 16th - Friday 20th Jan	8.30am – 12.15pm	\$140.00

* Morning tea included.

Junior Squad Clinic

120 minutes – The Junior Squad Clinic will involve stroke technique, video stroke analysis along with some dry land training. Swimmers must be at Junior Squad Level to participate in this Clinic.

Date	Time	Cost
Mon 23rd Jan - Fri 27th Jan Excluding Thurs 26th Jan	9.00am – 11am	\$80.00pp

Development Squad Clinic

90 minutes – The Development Squad Clinic will be focusing on stroke correction with various drills to improve their swimming. Focus will be on starts, turns and finishes that will assist in preparing children for their school swimming carnivals.

Swimmers must be at Development Squad Level to participate in this Clinic

Date	Time	Cost
Mon 23rd Jan - Fri 27th Jan Excluding Thurs 26th Jan	11.00am - 12.30pm	\$80.00pp

Bookings for all our Holiday Programs are essential.

Bookings can be made from Monday 21 November, 2011 (Week 7). Full payment must be made at the time of booking.

So whether you're after an activity for your children when it's time to go back to work, improving their swimming techniques or increasing their water awareness - we have a program for you!

For further information on session times and cost, please call on 8814 8637, visit the website for further information www.aquaticacademy.com.au or visit the centre.

A Word from the Facility Manager - Roz Hughes

The NSW Water Safety & AUSTSWIM Awards were held at La Montage in Lilyfield on 29th September 2011. The Aquatic Safety Training Academy was a finalist in the Swim School of the Year category but the exciting news for the evening was Rhonda Fitton, one of the ASTA swim teachers, winning the 2011 NSW Teacher of People with a Disability Award.

We are very proud of Rhonda's achievement, as we all know the special gift she has for the children in the program. Congratulations Rhonda. Her award can be viewed at Reception.

From Left: Bill Meaney - AUSTSWIM State Advisory Council Chairman, Rhonda Fitton, John Rigby – AUSTSWIM National Chairman



Aqua Health – Health and Wellbeing

Aqua Health is a membership program that includes Aqua Fit and lap swimming along with Information sessions each term.

Aquatic exercise provides a safe, fun environment option for individuals of all ages. It burns calories, tones, builds lean muscle and all round fitness.

Aqua Health Comprises of:

Aqua Deep

Deep water for strength and Flexibility

Monday's and Thursday's 6.15 - 7.00pm

Tuesday's 9.30 - 10.15am

Lap Swimming

Slow, medium and fast lanes available.

Please see reception for prices.

Learn to Swim Bookings for Term 1, 2012

Bookings for Term 4 2011 will start on Monday 21st November. The first two weeks will be for members who are currently enrolled in the program and wish to stay on the same day and same time.

On Monday 5th December our current members will be able to request a change of time or change of day. Please call on the day you wish to change to e.g. if you want to move to a Monday class, call on Monday, Tuesday class, call on Tuesday of this week.

From Monday 12th December we will be taking enrolments from new swim school members. Please be reminded that all fees are payable upon booking, we cannot hold a position for you without the fees being paid in full.

Remember to enrol your children for Term 1 classes.

Positions will fill fast!!! We cannot guarantee your same swim school position if you do not re-enrol during the first 2 weeks of re-booking. (21st November – Sunday 4th December).

Gift Vouchers now available at ASTA - GIVE THE GIFT OF LIFE

Gift Vouchers are available to purchase at reception for Swim and Survive Lessons. The Learn to Swim voucher is a great gift for any child and is especially handy for grandparents, aunts, uncles and other relatives and friends.

With the holiday season approaching the Learn to swim gift voucher is a perfect gift. The cost of the voucher is \$145 and provides 10 Learn to Swim lessons over 1 term. Terms and Conditions apply. Please see reception to purchase a voucher or make an inquiry.

Royal Life Saving Drowning Report 2011

KEY FACTS AT A GLANCE 2010/11

- 315 people drowned in Australia between 1 July 2010 and 30 June 2011.
- 241 (77%) were male and 71 (23%) female. Sex was unknown in three cases.
- 107 (34%) drowning deaths occurred in NSW, 93 (30%) in Queensland.
- 38 (12%) people drowned in the Queensland floods throughout December and January.
- 114 (36%) drowning deaths occurred in river / creek / stream locations.
- 16% (50) of drowning deaths occurred while Swimming and Recreating in water.
- 15% (47) of drowning deaths occurred as a result of falling or wandering into water.
- Drowning deaths occurred all year round with 129 (41%) occurring in Summer.

What should you wear in your lessons?

Well fitted swim costumes for the boys and a well fitted two piece or one piece for the girls. As a rule less is best! As we are an indoor and heated facility there is no need for "rash shirts" these along with board shorts tend to fill with water and restrict the movement and buoyancy of the children during their lessons. To maximise the progress of your swimmer it's important that they are wearing the correct swimwear. Well fitted goggles and a swim cap are invaluable and can lead to the building of confidence in the child as they progress through their swimming experience.

We have a range of VICI swimming accessories available at reception that are reasonably priced and excellent quality.

All swimwear should be rinsed in cold water after use and air dried immediately in a shaded area. Direct sunlight and tumble drying will shorten the life of swimwear.

07

EVERYONE CAN BE A LIFESAVER



Royal Life Saving
ROYAL LIFE SAVING SOCIETY - AUSTRALIA



FACT SHEET No.07

Home Water Safety



Q. What areas around the home can present a drowning risk?

A. The backyard pool and spa are obvious places in which drowning deaths can and have occurred. However, there are many other aquatic areas around the home which present a threat to young children including buckets and other vessels that can contain water. Parents/carers must remember to always empty the bathtub, close the bathroom door, empty eskies and buckets and store out of reach of children.

Q. Where have drowning deaths around the home occurred in the past?

A. Drowning deaths have occurred in the following places:

- Buckets
- Inflatable pools
- Eskies
- Water tanks
- Irrigation channels
- Swimming pools
- Dams / Rivers
- Bathtubs
- Drains
- Pet bowls
- Spas
- Creeks/Streams
- Fishponds
- Water features / fountains

Q. When do drowning deaths around the home occur?

A. Studies show the majority of toddler drowning deaths peak when parents' attention may be divided such as the arrival home of other siblings or the preparation of evening meals. Be aware of additional distractions and do not let them interfere with constant visual supervision of your child when in, on, or around water.

Q. How can I supervise children at social settings?

A. Often at parties and gatherings people can assume that someone else is watching the child/children. In fact, it is possible that no one is supervising. Nominating a designated "child supervisor" during parties is a way of ensuring that children are supervised at all times. If this person needs to leave for any reason, ensure a new supervisor is appointed or regularly rotate the supervision responsibilities. If alcohol is being consumed, supervisors should be sober. A designated child supervisor hat is available to help with supervision and can be purchased from www.keepwatch.com.au

Q. Can I get my older children to look after the younger ones?

A. Never leave young children in the care of older children (under 16).

Real Life Story - Esky Drowning Death

A family learned firsthand of the dangers household objects can present to children when their 2 year old drowned in an esky at a family celebration. The ice in the esky had melted and after dropping a toy into the esky, the 2 year old tried to retrieve it, but fell in and was unable to get out. As a result the little girl was trapped in the esky and drowned in just a small amount of water. This tragedy is a warning to all parents to take care to remove or secure all drowning hazards in and around their homes.

ROYAL LIFE SAVING HAS DEVELOPED A NUMBER OF
FACT SHEETS ON WATER SAFETY ISSUES IN AUSTRALIA.

Contact Royal Life Saving on: **1300 737 763**
or download them from: **www.keepwatch.com.au**

Home Water Safety Checklist:

- Checked for water dangers such as open drains around the home
- Set of rules established for your children around water
- Child Safe Play Area established. Visited www.keepwatch.com.au for Child Safe Play Area information and Fact Sheet No. 6
- Buckets emptied and put away out of child's reach
- Empty inflatable pools and put them securely away after use

DROWNING HAPPENS
QUICKLY AND SILENTLY!

ALWAYS KEEP WATCH
OVER YOUR CHILDREN
AT HOME.

Proudly Supported by

PoolWerx
The Healthy Pool People