

STARplex Poolside



We warmly welcome all of our clients to our first newsletter for 2010. Over the Christmas school holidays STARplex Swim Centre has undergone some fantastic renovations.

We have a new tiled floor and our existing change rooms are currently undergoing renovations. 2010 will mark the 10th anniversary of the opening of STARplex and we look forward to celebrating this wonderful occasion with our clients and fellow staff members.

In the pool area there are currently 5 staff who have been at STARplex Swim Centre for the entire 10 years. Mel Boston, Kelly Lange, Janet Howarth, Maria Lavender and Sally Barnett. We have seen many wonderful staff come and go in the pool area and to date we now have 100 staff members from the 9 instructors that started 10 years ago.

It is just amazing to see overall what STARplex has offered the Northern area over the past 10 years and we continue to plan for the future with exciting times ahead. Trinity College has provided the Gawler and surrounding communities with a fantastic facility. It gives rise to question where the 2,100 children per week in our swimming lessons would have learnt to swim, where the 2000 plus members in the STARplex Fitness Centre would work on their fitness and general well being, where the students of the college would gather for their different celebrations, where the 200 netball and basketball teams would play or where the 300 or so staff would be working?

We have grown so much and in so many different areas that we are now the venue of choice for the State Youth Games, the Under 18's and Under 20's Australian Basketball championships, we have even had an Olympic standard volleyball tournament. The Hewitson Theatre - STARplex, has hosted events such as commu-

nity fundraisers, concerts, school graduations, school performances, blue light discos, expos and even weddings.

When you come to STARplex you can participate in an activity whether you are 6 months old or 106 years. You can visit the doctors, go to the chemist, get a haircut and have a massage. You can get expert advice from the STARplex Exercise Physiologist and Dietician to assist your general wellbeing, posture and develop good eating habits.

STARplex has been responsible for turning lives around and that is said with no exaggeration. The feedback and stories we receive from our clients all throughout STARplex is just amazing and the new STARgazer (available from reception) is a journal that brings many of these stories together and is a terrific read. The Northern Region Sports Academy is an initiative that brings many different sports in the area together at an elite level and is a great chance for these groups to network and support each other.

All in all the last 10 years have been a decade of discovery, improvement, growth, trust, friendships, education, and building a strong community connection.

We are really proud to work here at STARplex and of what we have been able to achieve thus far. We all look forward to the next 10 years and many more after that.

Due to STARplex 10th Birthday celebrations on Sunday June 6th there will be no Sunday morning swim school.

We apologise for any inconvenience and invite all of our Swim School Clients to enjoy our 10th Birthday Celebrations.

A great day for the whole family!



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Fitness Wellness Performance..
Seriously healthy fun



STARplex Poolside

How do I re enrol into Term 2 2010?

During re enrolment week there will be a staff member seated at the table as you walk into the pool area. Please ensure you stop at the enrolment table during this week to confirm your existing booking for the following term at the same day and time.

Re Enrolment Week—existing clients Monday 8th —Sunday 14th March 2010

All existing clients wishing to re enrol into term 2 on the same day and at the same time, must have their name highlighted at the re enrolment table in the pool area or contact the pool office on 8522 0685 or 8523 8742 during this week. **NB Monday clients are able to re-enrol in person up until the 15th March due to the public holiday on the 8th March.**

If you do not have your child/children's names highlighted during this week, your booking will be made available to others as of Monday 22nd March 2010.

If you know you will be away during this week, please contact the pool office on 8522 0685 or 8523 8742

Change of Day/Time—existing clients Monday 15th March— Sunday 21st March 2010

All existing clients wishing to change their day or time for term 2, need to contact the pool office on 8522 0685 or 8523 8742 during this week.

New Enrolments—all new clients From Monday 22nd March 2010

New enrolments for term 2 will be taken from this date by contacting the pool office either in person or on 8522 0685 or 8523 8742.

Following this procedure ensures all of our current clients have first priority of bookings and also makes spaces for all new clients coming into our swim school.



Scanning your membership card

All students of STARplex Swim School should have an individual membership card. If you do not have one, please speak to STARplex Reception and they will organise one for you.

Each week when you attend lessons all membership cards must be scanned at STARplex reception. This will not only enable you to receive a fish token, which will then go to your instructor but also gives us an electronic role of who is in lessons and who is away. It is important that everyone is scanning including the children who come over from school but do not have parents/caregivers with them.

If you do not scan, it will show us that there has been no attendance recorded and if no one has contacted us to let us know that you will be away, there is no record of the absence. When you try and organise a make up lesson our computers will show that there is no make up lesson owing. Scanning is also imperative for our own records and assists us in reporting of student numbers, employment of staff and organisation of the need for more or less classes.

Reception will take a photo of the student which is then put on to a laminated membership card. Having your card with you also allows STARplex Reception staff to process our clients quicker.

We thank you for your cooperation regarding membership cards and scanning. Please speak to our friendly pool supervisors if you have any concerns regarding this process.

Important Dates

Public Holidays & 10th Birthday Celebrations

No swimming lessons
Monday June 14th 2010
Friday morning June 4th
Sunday June 6th 2010
Monday 26th April 2010



STARplex Poolside

STARplex Swim School offers an early payment discount to all clients on term payments who pay in full by Sunday 25th April 2010

Term 2, 2010 will start on Monday 19th April and finish on Sunday 4th July 2010

Day	Monday	Sunday and Friday mornings	All other days
Weeks	9 Weeks	10 Weeks	11 Weeks
Holidays and Carnivals	Queens Birthday June 14th 2010 Anzac Day, April 26th 2010	Gawler River Carnival June 4th (Frid am) 10th Birthday Celebrations, Sun June 6th	Yes, 11 long weeks!
Program			
Swim School	\$144	\$160	\$176.00
Discount	\$128	\$144	\$160.00
STARswim x 1	\$108	\$120	\$132.00
Discount	\$96	\$108	\$120.00
STARswim x 2	\$216	\$240	\$264.00
Discount	\$192	\$216	\$240.00

Make up Lessons

Make up lessons are available to those who have missed lessons throughout the term and have contacted the pool office on each occasion to inform pool staff that their child/children will be absent.

When booking a make up lesson please be aware of the following points.

- There is a \$2.00 fee per make up lesson, payable on the day of the make up lesson to STARplex Reception who will then give you a fish token. (term payers only)
- Make up lessons cannot be booked in the first week of any term.
- Make up lessons can be made up in the current term and the following term only.
- Make up lessons can only be booked 7 days in advance.
- Every effort will be made to book a make up

lesson with your child's current instructor but on some occasions this will not be possible. Therefore, your child may need to have a different instructor.

If you have not contacted the pool office to let us know your child will be away, our computer system will not show that a make up lesson is owing.

If you cannot attend a make up lesson already booked please contact the pool office to cancel the lesson or the \$2 fee will remain on your account.

A STARplex Swim Centre Family Pass can be given in lieu of a make up lesson if no suitable time can be found. Family passes are valued at approximately \$20 for 2 adults and 2/3 children. You are able to use these passes during any of our advertised public session times.

Contact the swim centre office to book a make up lesson on 8522 0685 or 85238 742



STARplex Poolside

STARplex Swim Centre Payment Options

Term Payment

Swim School fees that are paid as a term block payment are due by the end of the second week of any given term.

If payment has not been received after the second week of term, STARplex Reception staff will not be issuing fish to students. You will be asked to speak to Pool Management regarding your account. This is important to know if you send children to lessons on their own.

If you will not be attending lessons, please contact the pool office on 8522 0685 or 8523 8742 so we can record it on your child's computer file.

Clients who have booked in for a term should be aware that if your child is away in the first two weeks of term and no payment has been received (and you have not contacted the pool office to inform us that you will be away), your booking will be deleted.

This is our Swim School policy as we have waiting lists for new and existing clients from term to term.

Direct Debit

Direct Debit is an excellent option for those families who will continue with their swimming throughout the year.

Payments are made automatically and enrolment into the following term is ongoing when choosing this option...no need to re book. You only need to contact the pool office if you wish to change your booking.

There is no joining fee. However, if you cancel your direct debit within a 6 month period there is a cancellation fee. If your transaction is rejected there is also a \$5.50 rejection fee per transaction, per child.

A monthly amount of \$48.00 per child is deducted from a nominated bank account on the first of each month as an ongoing direct debit.

Clients on direct debit receive free make up lessons and free access to the STARplex Swim Centre during our public session swim times.

Please note that all customers on direct debit payment option do not receive the early payment discount.

General Information

We would like to ask that parents actively supervise their children whilst in the pool area. This will also teach children about safe behavior in an aquatic environment.

- Children are able to play in the fenced area at the Southern end of the main pool but are not allowed beyond that onto Trinity grounds as it is illegal to be on school grounds after hours unless in a supervised program.
- Encourage your children to walk, not run whilst in the pool area. This is safe behavior .
- All pool equipment must remain at the side of the pools. It is for instructor use only and not for children to play with while they wait for their lesson.
- Please do not encourage children to sit on the pool edge while they wait for their lesson to begin. It is not safe to be sitting on the edge and is also distracting for those children in their lessons.
- Children should be supervised under the age of 10 years in the toilet/change room areas.
- We recommend that boys over the age of 10 years use the male toilets/change rooms.
- Parents in our baby classes are asked to please wait to enter the pool until their instructor is ready. This will allow the previous lesson to finish without interruption and ensures patron safety.
- **Please check the whiteboard in the pool area when you arrive at swimming** for daily updates or changes that may affect your child's class and to check there are no information handouts that you need to pick up.
- We would like to ask all parents/caregivers to please not change their children's nappies on the plastic table located at the deep end of the small pool. Please use the baby change tables provided. STARplex Swim Centre staff sit at this table and eat their lunch.



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STARplex Poolside

A great response to our new Christmas Holiday Programs

Wow! What a fantastic response to our two new holiday programs introduced after the Christmas break. Sammy's Survivor Week and Sammy's Swim Technique Program had 150 children enrolled for the five day programs and by all accounts it was a great success. Children received progress booklets at the end of the five day programs and it will be great to see their improvement recorded as they return each time to the program.

Sammy's Survivor week was an innovative idea of STARplex Swim Centre Assistant Manager Deb Heynen who wanted to introduce a holiday program available to children from 6 months of age onwards which introduces water familiarisation and various life saving safety skills.

Thank you so much to all of our clients who gave us such lovely feedback on both programs and a special thanks to Jodie Kurtz (pictured with son Jesse), mum of Jackson and Jesse who wrote an article telling us why she continues to bring her boys to our holiday swimming program. *(article available in The STARgazer from front reception)*



Sammy's Swim Technique Program was developed by STARplex Programs coordinator Janet Howarth was also very successful. The program brings strength training, quality and swimming technique together to help children develop a natural swimming style.

Due to the success of both programs we will offer them again in the July school holidays. We already have a lengthy list of students so if you would like your children to participate please contact the friendly staff in the pool office on 85 22 0685 and they will be happy to take your details.

April School Holiday Program

STARplex Swim School

Monday 12th - Friday 16th April

9.00am —12.00pm

\$50 per child

30 minute lesson daily

Babies—STARswim level

Register in the pool office or phone

8522 0685 or 8523 8742

STARplex Swim Centre is closed to the public during our holiday program to ensure the children can concentrate without distraction from other programs.

If you enrol in the week block of lessons and pay prior to Monday you will receive a family pass valued at nearly \$20.00 to enable you to use the pools free of charge for the duration of that week only, during our public sessions.

All levels of swim school are offered from babies to STARswim.

If you are unsure of what your child's level would be, free assessments are available, between 8.30am and 9.00pm Monday-Friday and Saturdays and Sundays 9.00am-4.00pm.

Contact STARplex Swim Centre on 8522 0685 or 8523 8742 to book in to this quality program.



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STARplex Poolside

STARfun Holiday Program

Thursday 8th and Friday 9th April 2010

Open to all children 5-12 years of age

9.00am-4.00pm each day

Fully supervised 2 day program

Swimming, Courts,
Fitness Centre, Theatre
Lunch and morning tea
provided each day

A Goody Bag to take home

Don't miss out!

\$90.00 Great value!

The children really enjoy these two days with the opportunity to try Basketball, Boot Camp, Netball, Soccer, Tennis, Gymnastics, Craft Activities and finish each day with some Swimming.

This is a great opportunity for children to experience several different sports in the one program.

We now have children who attend the program each holidays as they enjoy themselves so much and our staff look forward to keeping the kids busy each holidays.

Don't miss out as we only have 40 places available and they will fill quickly.

Contact STARplex Reception on 8522 0622 to book in to this quality program.

"As a working parent, one of the best things about the Holiday Program is that I can plan ahead and commit to two "almost" full days, knowing that my kids are being entertained and fed! The swimming session is always a favourite, but the range of activities on offer has sparked new interest in other sports such as soccer and basketball. Considering the amount of specialist coaching included and the lunch and other snacks provided, I think the Holiday Program is great value"

Sally Collings, mother of 3.

Swim Australia Swim Safer Booklet

Swim Australia have recently released a fantastic booklet called Swim Safer. Drowning can be prevented... how to keep your child safe in on or around water.

Each year approximately 100 families have children under 5 years presented to emergency rooms around Australia after an immersion accident. In 2008-09 32 children under 5 years drowned from these accidents and many times that number are left with some form of permanent brain damage.

Childhood drowning is a crisis in our country. Aquatic activities are fun and healthy for families to enjoy but water can also turn to tragedy in a matter of minutes and without a sound.

STARplex Swim Centre recently received 400 DVDs, Kids Alive Living with Water which Swim Australia released at the beginning of 2010. These DVD's are aimed at parents of children 5 years and under.

If you would like to receive a free copy please see the staff in the pool office and they will be happy to give you one.

These DVD's are very informative and are worth watching for any parent or care giver and particularly pool owners.

Layers of Protection,

1. Adult supervision
2. Provide barriers
3. Swimming lessons
4. Emergency planning

The swim safer booklet is full of valuable information and is available from Swim Australia

*"Free DVD
giveaway for all
clients with
children aged 5
years and under in
our Swim School
from Swim
Australia."*

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STARplex Poolside

How was your festive season?



The Australian Royal Life Saving Society have recently reported that from December 24th 2009 until January 12th 2010 a total of 41 people drowned. This is simply a horrific statistic. The drownings were across all age groups and in many different areas.

Royal Life Savings Rob Bradley says so far in this period nationally there have been 41 drowning deaths ... A dramatic escalation on the corresponding period 12 months ago when 24 people drowned. The increase in drowning deaths this year is 71% up on the holiday period 12 months ago.

Australia is to have one of the worst years for drowning says Royal Life Saving who warn the summer holidays have been absolutely horrific with 41 drowning deaths and countless near death accidents. For the corresponding period 12 months ago, there were 24 deaths. Royal Life Saving highlights the number of people who have drowned in the holiday period is 71% up on the same period 12 months ago – which they say is deeply shocking.

Royal Life Savings Chief Executive Officer Rob Bradley says thousands of people have been affected by the 41 drowning deaths which he describes as 'deeply troubling'.

Royal Life Saving says as we head towards the end of the holiday season, it's absolutely critical people are vigilant about safety when they are in, on or around water pointing out that the drownings this year (and in the run up to Christmas) have happened at many different water locations.

Rob Bradley said, "We are absolutely staggered by the number of drowning incidents in the lead up to Christmas and in the early part of the New Year. Frankly, we are horrified and we remind people to make sure you

are swimming at a recognised swimming location. Do not over-estimate your ability. Ensure children are constantly supervised when they are near water because they often don't realise the very real dangers."

"Up to 40% of adult drowning incidents are related to alcohol. This is a huge concern. We remind people never to mix alcohol with any kind of swimming, boating or fishing. If you are out boating, make sure everybody is wearing a lifejacket and the boat has appropriate safety equipment."

"If you are enjoying the warm weather at home, Keep Watch over children. Supervision obviously means being within arms reach and constantly watching. Not an occasional glance." Royal Life Saving warns thousands and thousands of backyard pools across the nation are potential death traps because people have not checked their pool fences.

Royal Life Saving also warns people enjoying recreational fishing to be cautious, aware of weather conditions and to have a lifejacket and a personal EPIRB. They also highlight you should never fish alone.

Rob Bradley added, "A common misconception is that most drownings happen at the beach. Inland waterways are very treacherous. Rivers and lakes may appear on the surface to be calm and tranquil but can be very dangerous and always check water before you enter, always swim with a friend, avoid flooded rivers and as always watch children carefully."

Royal Life Saving highlights that it wants people to enjoy aquatic locations but points out all types of water can present clear dangers.

Rob Bradley added, "There are many people still in hospital in critical condition after drowning incidents over this period. When someone survives a drowning it can be absolutely devastating and in some cases people are left with permanent brain damage or spinal injuries."

"It has been a horror Christmas and a bad start to the New Year. All of this highlights caution is critical as the warm weather continues."

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STARplex Poolside

Sally's Swimming Tips



Sally Barnett has been a swimming instructor at STARplex Swim Centre for 10 years. Sally is loved by the children and respected by all members of staff.

Sally has a few hints and tips for the children that they may like to practice at home.

These tips are aimed at our Yabbies levels however the same drills can also be used for children in our Seahorses levels.

The One Arm Windmill practice

This is to teach children to understand how to stretch and keep their arm straight.

To be practiced out of the water

The swimmer should be:

1. Standing tall
2. One arm close to their ear stretches as high as possible (to touch the ceiling)
3. Palm facing forward ('High' 5 position)
4. Bring straight arm completely down to the same side thigh
5. Go past the thigh and return to start position (complete the windmill or circle)
6. Do one arm at a time, don't try to get them to do both at the beginning
7. Once they can do one arm, have them try both.

Ask your child to practice this at home and tell them this is their swimming homework. Make sure the area around them is CLEAR! Other ideas to try are:

1. Demonstrating a straight arm High 5
2. Twinkle Little Star (extended arm, palm forward, twinkle fingers at the ceiling)
3. Demonstrate straight arm 'paint brush' (palm facing forward and painting the ceiling...have them pick a color of the rainbow to paint)

Good luck!



STARplex Excercise Physiologist and qualified Dietician Heath Commane is now heading up our STARnutrition program. STARnutrition introduces a healthy eating lifestyle combined with overall wellbeing. The importance of having an active, healthy lifestyle has never been such a priority and STARnutrition is a great place to start to get a balanced guide to eating healthy and to help keep you on track.

STARnutrition is a valuable resource for those who require nutritional change or motivation to achieve their desired goals. As an Accredited Practising Dietician the focus of STARnutrition will change slightly with more focus on individual prescription.

Every individual that enrolls in STARnutrition will have a different dietary plan and this will be tailored around their needs, lifestyle and goals. Having training in both lifestyle and medical nutrition therapy Heath is able to offer proven dietary plans to help cater for STARplex's diverse population.

If you have tried dieting in the past and not enjoyed the experience, feel confident that there are easier ways to modify our intake while maintaining a 'normal diet'. Practical strategies will be provided to help you meet your goals and more importantly maintain results into the future.

STARnutrition clients are now able to receive significant rebates from the majority of private health funds making it more affordable than ever before. Heath welcomes anyone who is willing to make a change for the better, or after a plan to help manage a specific health condition to contact him and get started today.

Heath Commane

**Contact STARplex Reception on
(08) 8522 0685 for more information**

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STARplex Poolside

Water Fitness Classes

- ◆ **Aqua Aerobics** – A shallow water, low impact, high intensity workout, working on both upper and lower muscle groups.
- ◆ **Deep Water Aqua** – A deep water, no impact, intense cardio workout concentrating on both upper and lower muscle groups.
- ◆ **Gentle Movers** - A shallow water, low impact class for people of all ages and abilities.
- **Water Fitness Classes and Pregnancy:** Water Fitness Classes incorporates gentle exercise to help improve your posture, circulation and sleep and to maintain ultimate health and fitness both prior to and following your pregnancy. (Medical clearance required).

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
7.30am-8.15am Deep Water Aqua Jodie	7.30am –8.15am Deep Water Aqua Louisa			7.30am-8.15am Deep Water Aqua Sue
	8.15am-9.00am Aqua Aerobics Louisa	8.15am-9.00am Gentle Movers Bev	8.15am-9.00am Deep Water Aqua Sherie	8.15am-9.00am Gentle Movers Bev
	12.30pm-1.15pm Gentle Movers Marianne	12.30pm-1.15pm Aqua Aerobics Deidre		12.30pm-1.15pm Gentle Movers Marianne
6.15pm-7.00pm Aqua Aerobics Bev	6.15pm-7.00pm Aqua Aerobics Deidre	6.15pm-7.00pm Deep Water Aqua Deidre	6.15pm-7.00pm ½ Deep Water Aqua ½ Aqua Aerobics Deidre	6.15pm-7.00pm ½ Deep Water Aqua ½ Aqua Aerobics Deidre
7.00pm-7.45pm Deep Water Aqua Bev	7.00pm-7.45pm Aqua Aerobics Wendy	7.00pm-7.45pm Aqua Aerobics Deidre	7.00pm-7.45pm Aqua Aerobics Deidre	

Water Fitness Class

FREE

STARPLEX SWIM CENTRE

This coupon entitles you to 1 Water Fitness Class

Phone STARplex Swim Centre on 8522 0685

Expiration Date: 30th April 2010

Come and Try any Water Fitness Class

1 per voucher per person

Present this voucher to STARplex Reception to
redeem this offer

Valid until April 30th 2010

Name _____ Contact number _____

Not redeemable for cash

Not transferable to any other program

Reception staff signature _____

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STARplex Poolside

Coming Events



Blue Light Disco

Date: Friday 12th March
Time: 7.00pm - 10.00pm (lock-in)
Tickets: \$6 (purchase at STARplex)



Tickets available at STARplex
Reception until 5pm on the 12th March,
or at the door
Bookings at STARplex Reception or phone
(08) 8522 0622

AUSTSWIM-

Teacher of Swimming and Water Safety

Do you enjoy being in the water?
Would you like to work with children?
Teaching swimming may be the job for you!

Next Course:

Saturday 8th and Sunday 9th of May 2010
\$315 (students \$295)

For more information or to register your interest phone
the pool office on 8522 0685 or 8523 8742



Dorothy the Dinosaur's Travelling Show

Date: Monday 5th April
Concert: 10.00am
All Tickets: \$18
under 12 months free without a seat
Bookings at STARplex Reception or
phone (08) 8522 0622



The Kingdom of Paramithi presents 'Cinderella'

Date: Saturday 10th April
Concert: 10.00am
All Tickets: \$20
under 12 months free
without a seat

Bookings at STARplex Reception or phone
(08) 8522 0622



STARplex Swim Club Hawaiian Pool Party STARplex Swim Centre

Saturday March 20th 2010
4.30pm—9.00pm

Entry Tickets \$5.00 per person,
pre sold only
Contact Jodie Lane
8524 4205

Raffles
Food available for purchase
Music dancing
Pool games
Novelty races

Come dressed in your best Hawaiian
beach wear

All proceeds to STARplex Swim Club



STARplex Swim Centre
Management and staff
would like to wish everyone a
happy and Safe Easter in 2010

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Evanston Park 5116
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f 8522 0684
e langeke@starplex.com.au