

STARplex Poolside



As Time Goes By... STARplex is turning 10



Do you remember when this was the entrance to STARplex? So much has changed in the physical sense at STARplex but the thing that hasn't changed at all is the wonderful people in Gawler and surrounding communities who have continued to support STARplex. Swimming lessons, Kindergym, the many Court sports, the Fitness Centre, the wonderful STARstore, events at the Hewitson Theatre - there really is something at STARplex for everyone.

It has been a privilege to have been here from the beginning and to see how families have grown over the last 10 years. Children who started off as squad swimmers are now employed within our swim school and we have seen members of our staff start and finish university and move on to bigger things.

Our swim school families have had their children attend playgroups, kindergarten and are now attending school. Reflecting on the last 10 years here at STARplex, it is the people that come to mind. The friendliness, the care, the smiles from both the staff and clients who use the centre. Friends have been made at STARplex and recently a client remarked that all the people at her recent 30th birthday celebration were people she had met through STARplex. It is wonderful to be able to bring people together and give opportunities to those who may have never had access to such a centre.

We thank all of our lovely clients for their continued support and look forward to many more years to come.



Mel Boston, Zak Roebuck, Dawn Buckby and Kelly Lange STARplex Swim Centres first baby class in June 2000...10 years on. Zak hasn't missed a term in 10 years since he was 6 months of age...good times, great memories.

Free Family Fun Day STARplex 10th Birthday

Sunday 6th June 9.00am - 2.30pm

Come 'n' try Kindergym

Jumping Castle

Meet Sammy STARfish

Magic Mike

Slam Dunk Contest

Gymnastic Display

Come 'n' Try Zumba

Pool Party

Wes Carr concert at 3.00pm

Tickets on sale at Reception...see inside for details.

Part proceeds to Starlight Children's Foundation.





STARplex Poolside

How do I re enrol into Term 3 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 7th —Sunday 13th June 2010

All existing clients wishing to re enrol into term 3 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. **If you know you will be away during this week, please contact the pool office.**

Change of Day/Time—existing clients Monday 14th June—Sunday 20th June 2010

All existing clients wishing to change their day or time for term 3, need to contact the pool office on 8522 0685 or 8523 8742 during this week.

New Enrolments—all new clients From Monday 21st June 2010

New enrolments for term 3 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 with bookings and also makes spaces for all new clients coming into our swim school.

Important Dates

No swimming lessons

Friday 4th June morning only, due to Trinity Gawler River Swimming Carnival

Sunday 6th June
STARplex 10th Birthday

Monday 14th June
Queens Birthday Public Holiday

Wednesday 25th August ,
morning only, due to Trinity South Carnival

Thursday 26th August, morning only,
due to Trinity North Carnival

Friday 27th August, morning /mid
afternoon (before 3.30pm), due to
Gawler River Carnival

We apologise for any inconvenience
STARplex Swim Centre Management



Singer/songwriter Wes Carr can be described as many things – overnight success, is not one of them. For most of his 26 years this talented artist has put the hard-graft, determination and commitment into his love of musicianship and creative expression. Over the years his hard slog has won him scholarships, peer approval, acclaim, and competitions, but what drives his passion to continue is the truth in his music.

On Sunday 6th June STARplex will celebrate 10 years of Fitness Wellness Performance with a FREE Family Fun Day and 2008 Australian Idol winner Wes Carr performing live in concert.

The complex, which was opened in June 2000 is owned by Trinity College and is a not for profit community centre. With over 9000 visitors to the centre every week the complex has something for everyone. Visitors enjoy a huge range of recreational services delivered by experienced, qualified staff.

STARplex celebrations will kick off at 9.00am with a Free Family Fun Day including Magic Mike, Come 'n' Try TEKS, Pool Party, Jumping Castle, STARtrail, appearances by sporting celebrities and much more!

This will be followed by a concert featuring Wes Carr at 3.00pm. Tickets for the concert are available from STARplex reception 8522 0622.



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STARplex Swim School offers an early payment discount to all clients on term payments who pay in full by Sunday 25th July 2010
Term 3, 2010 will start on Monday 19th July and finish on Sunday 26th September 2010

Day	Wednesday, Thursday, Friday morning only	All other sessions
Weeks	9 weeks	10 Weeks
Swim School	148.50	165.00
Discount	132.00	148.50
STARswim x 1	112.50	125.00
Discount	100.00	112.50
STARswim x 2	225.00	250.00
Discount	200.00	225.00

Sally's Swimming Tips Backstroke

The beautiful Sally has been an instructor with our swim school for 10 years! Here are some **Backstroke** tips from Super Sal that the children can practise at home.

Arm Drills for Backstroke

Soldiers on the Floor

- Child laying on their back on the floor or their bed like a soldier.
- Child turns their hand so their palm faces away from them.
- Little finger reaching for the sky as they stretch their arm past their ear.
- Pull arm along the floor, thumb up, back to their thigh.

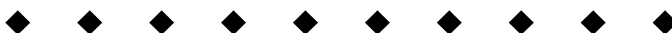
Standing Practice for Backstroke

Arms stretched in front, encourage child to rotate hands between thumbs up and thumbs down

Kicking Drills for Backstroke

- Sitting on a chair, encourage long legs and floppy feet.
- Try and get the children to kick their shoes or socks off.
- Best not to do this one around anything breakable.

These drills are aimed at our Stingrays, Turtles and Dolphins levels. It's surprising how much their swimming can improve through land based practice at home.





STARplex Poolside

Sammy's Survival Week



Monday 12th—Friday 16th July 2010

5 day Water Safety Program From babies to school age

6 max per class

Lessons 40 minutes

Experienced Swim Instructors

AUSTSWIM qualified

\$35 per child

(3rd child+ \$30.00)

Price includes progress record
booklet and pool entry daily

Testimonials

"The children had fun and I was happy their lesson were all at the same time."

"As it was everyday my child improved quite a bit and as a result, moved up to the next level."

"The STARplex instructors are always fantastic. All of my children enjoyed working with their instructors. They are very professional."

"It was great to be able to do a solid week of lessons with the younger kids. We missed having lessons over the holiday and the kids absolutely loved it."

We really enjoyed the fun atmosphere and the fact the children wanted to go each day made it easy."

It was great being able to put my younger children in as well. We had a great time all week and such good value."

Sammy's Swim Technique Program

Bringing strength training, quality and swimming technique together to help children develop a natural swimming style

Monday 12th—Friday 16th July 2010

- 5 day Swim Technique Program
- For all children 6 years and above & assessed at STARplex Swim School as Stingrays level and above

8 max per class

Lessons 45 minutes

Experienced Swim Instructors

AUSTSWIM qualified

\$35 per child

(3rd child+ \$30.00)

Price includes progress record booklet
and pool entry daily

Testimonials

"The instructors in the Sammy's Swim Technique program obviously taught efficiently because there was a dramatic change in my child's skill level at the end. She was much better in the pool by the end of the week!"

GREAT VALUE!
**Attend Week 1 AND 2 of the
 holiday programs and pay just
 \$70.00**
Save \$20.00

www.starplex.com.au



STARplex Poolside

July School Holiday Program

STARplex Swim School

Monday 5th - Friday 9th July

9.00am —12.00pm

\$55 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 5th July 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 should be, free assessments are available, between 8.30am and 8.00pm Monday-Friday and Saturdays and Sundays 9.00am-2.00pm. Contact STARplex Swim Centre on 8522 0685 or 8523 8742 to book in to this program.

STARfun Holiday Program

Thursday 8th and Friday 9th July 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.**



Instructor Sherie Barker

p 8522 0685

Friday 18th June at 7.00pm

Monday 21st June at 8.15am

**THE LATIN-INSPIRED, EASY-TO-FOLLOW, CALORIE-BURNING,
FEEL-IT-TO-THE-CORE FITNESS-PARTY.**

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STARplex Poolside



WES CARR

SUNDAY 6th June

3.00pm concert
(doors open 2.30pm)

Tickets:

\$18 - Student/Concession

\$28 - Adults

\$80 - Family

** conditions apply*

Bookings at STARplex Reception
Ph 08 8522 0622

Part proceeds go to the Starlight
Children's Foundation & Trinity
College Foundation



TRINITY COLLEGE FOUNDATION



FREE FAMILY FUN DAY

9.00am-2.30pm

Magic Mike, Come 'n try TEKS, Pool Party,
Jumping Castle, appearances by sporting
celebrities, STARtrail & much more!

www.starplex.com.au

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STARplex Poolside

Feels Like Whoa! Wes Carr concert ticket sales.

Don't miss out on this great offer

Purchase your tickets between Monday 17th - Sunday 23rd May for the Wes Carr concert on Sunday June 6th and pay the discounted price of..

\$15.00 Student

\$25.00 Adult

\$70.00 Family

An added bonus for all STARplex Swim Centre clients ...

Go into the draw to win one years swimming lessons at STARplex Swim Centre valued at over \$650.00

OR

One Swim Centre Gold Membership valued at \$699.00

Purchase your ticket and give your name and contact details to the Swim Centre staff at the entrance to the Swim Centre.

Winners announced Monday 24th May.

Good luck!

www.starplex.com.au



STARplex Poolside

Coming Events

Blue Light Disco

Date: Friday 4th June
 Time: 7.00pm - 10.00pm (lock-in)
 Tickets: \$6 - purchase at STARplex
 Reception until 5pm on the 4th June, or at the door.
 Bookings at STARplex Reception or phone (08) 8522 0622



SOCZEROOS on the big screens @ 2010 World Cup

Dates: Monday 14th, Saturday 19th & Thursday 24th June
 Times: 4.00am, 11.30pm & 4.00am respectively
 FREE ENTRY (drinks & food available for purchase)
 Further information available soon..

ABBA Tribute Show

Date: Saturday 29th May
 Time: 7.30pm for 8.00pm show
 Tickets: Dinner & Show - Adults \$42, Concession \$37. Show only - Adults \$25, Concession \$20. *On sale now!*
 Bookings at STARplex Reception or phone (08) 8522 0622



The Fairies

Date: Thursday 8th July
 Time: 11.00am & 1.00pm concerts
 All Tickets: \$21 *On sale now!*
 Bookings at STARplex Reception or phone (08) 8522 0622



STARstore

Located at STARplex entrance, the STARstore is packed with so many things..

- Phone re charge
- Newspapers, magazines, cards, wrapping paper
- School uniform
- Agent for dry cleaning
- Giftware
- Jewellery
- Handbags, purses, luggage, backpacks
- Lorna Jane exercise wear
- Bathers, goggles, fins, learn to swim floaties
- Body building drinks
- And so much more. Call in and browse today!



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:

November 2010 (dates to be confirmed)
 \$315 (students \$295)

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

Staff Profile

Corey Loveridge

Age: 18

Favourite Drink: Coke

Favourite Food: Butter Chicken

Favourite thing to do: Flying

In two years time I will be..a pilot with the RAAF

If I won a million dollars I would..put it in the bank and make more money off investments

I love to teach swimming because..loves the atmosphere and helping kids learn to swim

Hobbies: Soccer, flying and music



STARplex Swim Centre
 18-20 Alexander Avenue
 Evanston Park 5116
 p 8522 0685 or 8523 8742
 f 8522 0684
 e langeke@starplex.com.au