



STARplex Poolside

Coming Events Hewitson Theatre - STARplex

Blue Light Disco

Date: Friday 20th August
AND Friday 17th September
Time: 7.00pm - 10.00pm (lock-in)
Tickets: \$6 - purchase at STARplex
Reception until 5pm on the day, or at the door.



ABC Play School

Live in concert
Date: Monday 23rd August
Concert: 10.00am and 11.30am
All Tickets: \$14.50

The Tom Jones Show

Date: Saturday 27th November
Time: 7.30pm for 8.00pm show
Tickets: Dinner & Show, and Show Only
YET TO BE RELEASED



STARplex Kinderym

Wednesdays 9.30am, 10.30am 11.30am
Thursdays 9.30am, 10.30am

STARplex Baby Gym

Wednesdays 1.00pm

SPECIAL OFFER

\$30 [includes insurance] Term 3 2010 on presentation of this advertisement to STARplex Reception for NEW clients

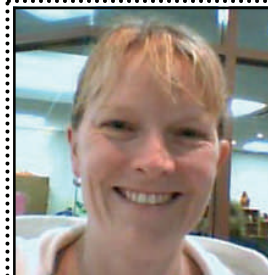


AUSTSWIM- Teacher of Swimming and Water Safety

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: Jill Grayshon

Family: Husband Jon and daughter Mia

Pets: Pilchard the cat

Favourite Drink: Sparkling Shiraz

Favourite Food: Mexican

Favourite Movie: Grease

Favourite Book: Angels and Demons

Favourite thing to do: Shopping and playing with my daughter

In two years time I will be... still enjoy my new life in Australia

If I won a million dollars I would.. buy a house with a pool and go on an expensive holiday

I love to teach swimming because.. the kids make me laugh and smile

Hobbies: Shopping

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



STARplex Poolside



Swimming through Winter...are you ready for Summer?

The improvements your children have made in their swimming over the Winter is so beneficial and builds many skills that may one day save their life.

Parents will tell us year after year that they won't swim in the colder months but the skills that can be lost through having a break will take time to regain when they return in the Summer.

Winter is the time to ensure your children are ready for a Summer of fun in aquatic environments by having them attend regular learn to swim lessons.

Experience has shown that when children stop for a prolonged period they can experience a regression in their skills due to lack of practice.

Swimming through Winter is also beneficial for other sports in terms of developing fitness, flexibility and aerobic capacity, it helps maintain good health and increases resilience to illness.

Our indoor heated pools, warm showers and climate controlled environment also ensure that Winter swimming is comfortable and enjoyable for you and your children.

Have a great term everyone!



What's Sammy STARfish been up to?

STARplex Swim Centre's Sammy STARfish has had a really busy term. He came a very respectable fourth in the Triple M Great Mascot Challenge being beaten by the Port Power Mascot, the 36er's Mascot and a small child!

Celebrations at STARplex 10th Birthday saw Sammy STARfish meet Captain STARlight from the STARlight Children's Foundation and even got to have a boogie on stage with Wes Carr.

Sammy was introduced to our swim school families throughout our Wes Carr Concert promotion week and while a few found Sammy a bit overwhelming, lots of hugs and high 5's were given and received.

Keep a look out for Sammy STARfish! You never know where Sammy will turn up.





STARplex Poolside

How do I re enrol into Term 4 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. **All clients who are on direct debit receive automatic re enrolment in the same class, day and time.**

Re Enrolment Week - existing clients Monday 6th - Sunday 12th September 2010

All existing clients wishing to re enrol into term 4 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 13th – Sunday 19th September 2010

All existing clients wishing to change their day or time for term 4, need to contact the pool office on 8522 0685 or 8523 8742 during this week.

New Enrolments—all new clients From Monday 20th September 2010

New enrolments for term 4 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.

STARplex Swim School offers an early payment discount to all clients on term payments who pay in full by Sunday 17th October 2010 (end of week one, term four)

Important Dates

No swimming lessons

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

Term 4, 2010 will start on Monday 11th October and finish on Sunday 12th December 2010

STARplex Swim School Term 4, 2010 Fee Schedule

Program	9 Weeks
Swim School	\$148.50
With early payment discount	\$132.00
STARswim x 1	\$112.50
With early payment discount	\$100.00
STARswim x 2	\$225.00
With early payment discount	\$200.00



STARplex Poolside

School Holiday Program

STARplex Swim School
Monday 27th September - Friday 1st October 2010
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 27th September 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 including Fit Kids and adults.

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

Open to all children 5-12 years of age
9.00am-4.00pm each day
Fully supervised 2 day program
Swimming, Fitness Centre, Theatre
Lunch and morning tea provided each day
A Goody Bag to take home
Don't miss out!
\$90.00 Great value!

Tuesday 28th and Wednesday 29th September

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

STARplex Swim Centre Class Times

Monday 8.15am
Thursday 7.30am
Friday 7.00pm

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

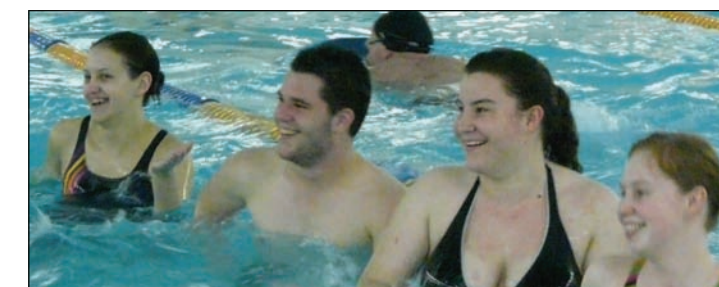
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What a great time to get into Water Fitness classes at STARplex Swim Centre

Water Fitness Winter Special
All classes at 7.00pm just \$5.00 per class
No need to book

Until September 30th 2010

Improve flexibility, well being and general health in a great social setting.



STARplex Poolside

STARplex Swim Centres new STARfit program - Fit Kids..Fit Teens..Fit Training.. Fit Swim

It is really pleasing to see the amount of children who are deciding to continue with their swimming in our higher levels. The kids who do not want to swim competitively are choosing to swim in our Fit Kids program and loving it.

Our STARswim and Fit Kids is doing so well we now have implemented some exciting new programs to cater for those children and adults who would like to keep their fitness up in the pool.

Following on from Fit Kids we now have Fit Teens, Fit Training and Fit Swim. We are already getting interest in each of these programs which is great to see.

The children move to Fit Kids when they have finished STARswim and have no desire to go to competitive swimming. This way they are still swimming which gives them great fitness, motivation to improve and the social aspect is terrific.

Fit Kids Iron Kid Challenge

Towards the end of this year we will be holding a Fit Kids Iron Kids Challenge at STARplex Swim Centre. This will be open to everyone in our Fit Kids Program and will involve a run, warm up exercise set, survival swim and straight swim with the top three competitor receiving a trophy and all participants will receive a reward for their efforts.

We will finish the day with a BBQ for all competitors and their families. More information coming soon!



Fit Kids

The Fit Kids program is designed to provide elements of both competitive and survival streams in swimming with a focus on keeping fit and promoting healthy well being. It is aimed at children who wish to continue in their swimming after completing the swim school levels who do not wish to participate in a purely competitive stream

Fit Kids Tuesday 5.15pm, Thursday 5.15pm, Saturday 9.15am and Sunday 10.00am

Fit Teens

This level is an extension of our Fit Kids program to ensure children are progressing through their swimming ability wise and also at an age appropriate level. The focus continues to be on keeping fit and healthy whether that be for other sports they play or for their general well being.

Fit Teens sessions are Tuesday 5.30pm, Friday 4.00pm and Saturday 10.15am

Fit Training

This level is aimed at providing opportunities for adult swimmers to participate in a structured swimming program designed to meet the needs of the individual.

Fit Training sessions are Tuesday 6.00pm, Thursday 12.30pm and Sunday 8.00am

Fit Swim

Fit Swim is aimed at providing a pathway for higher level swimming designed to enable past competitive swimmers to revisit their sport without the necessary commitment usually required at their level. The program is tailored to suit individual goals and is designed to enable these swimmers to progress through targeted programs according to their needs.

Fit Swim session are Wednesday 6.00pm and Thursday 6.15pm.

Contact the staff in the swim centre office on 8522 0685 or 8523 8742 office

STARplex Poolside

STARplex Swim School Payment Options

Term payments

- Clients pay for a term block of lessons
- If paid in full before the end of week one of any given term, cost per half hour lesson is \$14.85 (early payment discount)
- Lesson cost is \$16.50 per half hour lesson without the early payment discount.
- Clients need to re enrol each term during re enrolment week at the table located in the entrance to the pool area or by ringing the Swim Centre on 8522 0685 or 8523 8742

Direct Debit

- Payment is made per month from a nominated bank account on the first working day of each month
- Lesson cost is \$12.50 per lesson, payable as a \$50.00 monthly fee
- Direct debit clients receive free entry to the swim centre during our public swimming session times
- Direct debit clients receive free make up lessons
- A rejection fee of \$5.50 per transaction is payable if there are insufficient funds in the nominate account
- Enrolment into the same class/day and time is automatic and ongoing unless otherwise notified

STARplex Swim School Make up Lessons

Option 1

You are able to have a family pass to the swim centre which allows 2 adults and 2 or 3 children to swim at STARplex Swim Centre during our advertised public swimming sessions. This gives the children a great opportunity to practise their skills learnt in lessons. The pass is valued at over \$25.00 and has no expiry date.

Option 2

You are able to book a make up lesson to replace the lesson you missed. Please be aware that the following conditions apply.

- You will only receive a make up lesson if you have notified the swim school office that your child will be away.
- Make up lessons incur a \$2.00 fee per lesson payable on the day of the lesson at STARplex Reception
- A make up lesson can only be booked 7 days in advance and where there is a vacancy in a class
- Make up lessons are unable to be booked in the first week of any term as we keep the first week to allow everyone to settle in
- You are able to do the make up lessons in the current term plus the following term only
- Make up lessons can be booked either over the phone or in person at the swim centre office

STARplex Swim Centre Public Swimming Sessions Winter Term Timetable (Until October 10th 2010)			
Monday	6.00—9.00am	12.30—1.30pm	6.15—8.00pm
Tuesday	6.00—9.00am	12.30—1.30pm	6.15—8.00pm
Wednesday	6.00—9.00am	12.30—1.30pm	6.15—8.00pm
Thursday	6.00—9.00am	12.30—1.30pm	6.15—8.00pm
Friday	6.00—9.00am	12.30—1.30pm	6.15—8.00pm
Saturday		12.15pm—2.00pm	
Sunday	7.00—9.00am	12.15pm—2.00pm	

STARstore

The STAR Store is located at the entrance to STARplex and is a fantastic place to stop and browse. Everything from school uniform to an extensive range of giftware, jewellery, bathers, goggles, magazines, hand bags, dry cleaning and more, the STARstore has it all!



Opening Times

- Monday 8.00am—5.30pm
- Tuesday 8.00am—5.30pm
- Wednesday 8.00am—5.30pm
- Thursday 8.00am—7.00pm
- Friday 8.00am—5.30pm
- Saturday 9.00am—12.00pm



*******Fantastic Zoggs Special*******

Junior Rucksack, Mini Kickboard, Goggles, Silicon Character Cap

**Valued at \$50.00 for just \$25.00
While stocks last!!**

The STARstore is the sole supplier of all Trinity College uniforms



Swim School Information for Parents and Caregivers

- **Children under the age of 10 years should not be left unsupervised in the pool area**
- **Please do not let your children sit on the pool edge during classes**
- **We appreciate it if parents from our waterbabies' classes do not enter the water before the lesson begins as it can be a distraction to those finishing their lesson**
- **The equipment is for instructor use only, please do not allow children to use around the pool area**
- **We have a family change room for children and parents to use if they are not comfortable allowing their children to use the change rooms on their own**
- **The change rooms located at the deep end of the main pool will be closed at 8.00am each morning for use by children in our schools program, re opened at 3.00pm.**
- **The change rooms located at the deep end of the main pool will be closed at 7.30pm each evening to allow for our closing time of 8.00pm**

