



STARplex Swim School

Poolside



Royal Life Saving
ROYAL LIFE SAVING SOCIETY - AUSTRALIA

The Royal Life Saving Society of Australia released the National Drowning Report in September 2011. The results are concerning to say the least.

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315 people drowned in Australia Waterways between July 1st 2010 and June 30th 2011. The National Drowning Report has increased for the third year in a row.

241 males

71 females

0 - 5 years 28 children lost their lives to drowning

38 drowned in the Queensland Floods throughout December and January

50 occurred while swimming and recreating in water

47 drowned as a result of falling or wandering into water

117 over the age of 55 years drowned

What can we do? Watch Around Water

As we start to get some warmer weather, people around Australia will start to gravitate towards water. The beautiful beaches, the river, back yard swimming pools or your local swimming pools will be filled with people trying to cool off in our hot summer months.

Please watch your children. Direct supervision is the only supervision. Children are clever little people who will be easily distracted and will take off in another direction at the drop of a hat.

The only thing to stop them is direct supervision.

In 2011 we have had one of our quietest swim school years. Is it money? Time? Too cold? There is no price you can put on a child's head. You should always have time to give someone the skills to save their life and it is never too cold to drown.

Family life is busy and costly. However learning to

swim in Australia must be a priority for all families.

Ask your friends if their children know how to swim? Do they have swimming lessons at their school?

Just taking your children to the local pool will help to introduce them to water familiarisation and start to build skills that will last a lifetime and boundaries for behaviour around water.

For every drowning in the 0 - 5 age group there are two more children admitted to hospital in near drowning incidents with some suffering permanent brain damage as a result.

Don't let your family become the one who has to go through the trauma of a drowning.

Enjoy the summer, teach your kids to swim, learn resuscitation, provide barriers to water locations and always, always, Watch Around Water.

[www starplex.com.au](http://www.starplex.com.au)

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How do I enrol into Term 1 2012?

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

Re Enrolment Week - existing clients

Monday 28th November - Sunday 4th December 2011

All existing clients wishing to re enrol into term 1 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 on 8522 0685 or 8523 8742**

Change of Day/Time - existing clients

Monday 5th - Sunday 11th December 2011

All existing clients wishing to change their day or time for term 1, must contact the pool office on 8522 0685 or 8523 8742 during this week.

New Enrolments - all new clients from Monday 12th December 2011

New enrolments for term 1, 2012 will be taken from this date by contacting the swim centre 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.

**Come and meet Sammy
STARfish during our
Christmas School
Holiday Programs!**

Sammy will be available throughout our programs for the children to say hello and have a photo.



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Term one 2012 will start on Monday 30th January and continue until Thursday 5th April.

Due to school carnivals, public holidays and Easter each day and session will vary in the amount of weeks in the term.

Early Payment Discount for clients paying in full by Sunday 5th February, 2012

Day	Monday	Tuesday	Wednesday (morning session)	Wednesday (lunchtime and afternoon session)
Weeks	9 Weeks	10 Weeks	10 Weeks	9 Weeks
Holidays and Carnivals	Adelaide Cup Day March 12th			Trinity Interschool Carnival 22nd February
Program				
Swim School	150.75	167.50	167.50	150.75
Discount	134	150.75	150.75	134
STARswim x 1	114.75	127.50	127.50	114.75
Discount	102	114.75	114.75	102
STARswim x 2	229.50	255	255	229.50
Discount	204	229.50	229.50	204

Day	Thursday	Friday (morning session)	Friday (afternoon session)	Saturday and Sundays
Weeks	10 Weeks	7	9	9
Holidays and Carnivals		Trinity Blakeview Carnival Friday 3rd Feb Trinity Senior Carnival Friday 10th Feb Good Friday Friday 6th April	Good Friday April 6th	Easter Saturday April 7th Easter Sunday April 8th
Program				
Swim School	167.50	117.25	150.75	150.75
Discount	150.75	100.50	134	134
STARswim x 1	127.50	89.25	114.75	114.75
Discount	114.75	76.50	102	102
STARswim x 2	255	178.50	229.50	229.50
Discount	229.50	153	204	204

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STARplex Swim School Holiday Program

Our school holiday programs have been highly successful for many years. We believe this is due to the high quality of instruction, small class numbers and that the children get to practise their skills repeatedly over a 5 day block of lessons.

With over 170 children participating each holidays it is great to see the children being active and having fun in the school holidays. Most importantly, they are learning a life long skill that will allow them to be confident and competent in and around aquatic environments.

Keep your kids active these holidays and enrol today. It is great to see children who are in the area on holidays each year, coming along to participate.

The pool is closed to the public, allowing for a great learning environment for the swimmers.

Free assessments available

Babies - Seahorses 30 minute lesson

Penguins - Turtles 45 minute lesson

Dolphins - STARswim 1 hour lesson

Please contact the swim centre office to make a booking or for further enquiries (08) 8522 0685

STARplex Swim School Sammy Survivor Week

This will be the third year of our highly successful Sammy Survivor Week. With 28 children under the age of 5 years and 14 deaths in the 5 - 14 year age group, it is timely that all children are given the opportunity to learn to swim.

Last year over 200 children learnt valuable survival skills in our new and innovative program. With the focus in this program on survival, the children also receive stroke technique to ensure they are learning the skills needed in aquatic situations be it for fun, fitness or survival.

Lessons are 40 minutes and there are no more than 6 children per class

These classes are excellent value at just \$40 per child, only \$8.00 per lesson.

The program has been written by qualified and experienced AUSTSWIM instructors. The feedback we received last year was excellent and we look forward to providing this program again in 2012.

No enrolment days, no extra pool entry fees. Free assessments available.

Please contact the swim centre office to make a booking or for further enquiries. (08) 8522 0685

STARplex Swim Centre Christmas Holiday Programs

Monday December 19th - 23rd Swim School Holiday Program **\$55**

Monday January 9th - 13th Sammy Survivor Week 2012 **\$40**

Monday January 16th - 20th 2012 **\$55**

All programs 9.00am - 12.00pm

Babies - STARswim

***Discounted Packages for more than one program**

Price per child

Option 1 Dec Swim School Holiday Program plus Jan Swim School Holiday program **\$100 (\$10 saving)**

Option 2 Dec Swim School Holiday Program plus Sammy Survivor Week **\$85 (\$10 saving)**

Option 3 Jan Swim School Holiday Program plus Sammy Survivor Week **\$85 (\$10 saving)**

Option 4 All three holiday programs **\$130 (\$20 saving)**

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Water Fitness Classes

STARplex Swim Centre offers a variety of water fitness classes each week. Aqua Aerobics, Deep Water, Aqua Zumba and Gentle Movers there is a class suitable for all abilities.

The great thing about Aqua Aerobics is that you are able to work at your own pace. It is low weight bearing so there is less stress on your joints while still getting a great workout. With regular attendance, Aqua will improve circulation, flexibility and tone your body .

No bookings required just turn up. STARplex Reception can help you with a visit pass or membership to make your classes more economical.

Monday	7.30am - 8.15am Deep Water 8.15am - 9.00am Aqua Zumba 6.15pm - 7.00pm Aqua Aerobics 7.00pm - 7.45pm Deep Water Aqua
Tuesday	7.30am - 8.15am Deep Water Aqua 8.15am - 9.00am Aqua Aerobics 12.30pm - 1.15pm Gentle Movers 6.15pm -7.00pm Aqua Aerobics 7.00pm - 7.45pm Aqua Aerobics
Wednesday	8.15am - 9.00am Gentle Movers 12.30pm - 1.15pm Aqua Aerobics 6.15pm - 7.00pm Deep Water Aqua 7.00pm - 7.45pm Aqua Aerobics
Thursday	7.30am - 8.15am Aqua Zumba 8.15am - 9.00am Deep Water Aqua
Friday	7.30am - 8.15am Deep Water Aqua 8.15am - 9.00am Gentle Movers 12.30pm - 1.15pm Gentle Movers 6.15pm - 7.00pm ½ Deep Water Aqua and ½ Aqua Aerobics No Bookings Necessary for Aqua Classes

Hewitson Theatre - STARplex Coming Events

Comedy Corner - 'The Old Fella'

Date: Friday 11th November

Time: 7.30pm for 8.00pm show

All Tickets: \$20 (tables of 10 - **ON SALE NOW!**)

Rod Gregory is the funniest Retired Farmer working as a stand-up comedian in Australia. Rod is based at Maitland SA. Although new to the game, he has performed well over 100 gigs all over Australia this year. He finished in the top 10 of Australia's Got Talent (Ch 10).

Line-up:

The Old Fella - "Wouldn't be dead for quids"

Anthony Lamond - MC

Deb Bland

Mo Taz

Check out [SA Life](#) interview with the Old Fella himself!

The Rhythms of Ireland

Date: Thursday 17th November

Time: 7.30pm for 8.00pm show

Tickets: Adults \$64.90, Concession \$54.90, Family (2A+2C or 1A+3C) \$200, groups 8+ \$54.90 each - *allocated, reserved seating!* (**ON SALE NOW!**)

Direct from Dublin. Directed by two time world Irish dance champion, Michael Donnellan.

The incomparable quality and pure unadulterated spectacle of their work perfectly blends the ancient traditions of Irish dance and music with the innovative and flawlessly choreographed production values of contemporary Irish excellence.

Experience a spectacular evening of traditional Irish dance, music and song enhanced by stunning costumes, lighting and sound. This is indeed, THE RHYTHMS OF IRELAND.

www.rhythmsofireland.com

Blue Light Disco

Date: Friday 18th November & Friday 16th December

Time: 7.00pm - 10.00pm (lock-in)

Ages: 8-17yrs

Tickets: \$6 (purchase at STARplex Reception until 5pm on the day, or at the door)

La De Da Market

Date: Friday 25th November

Time: 3.30pm - 8.30pm

Cost: *Gold Coin Donation to the Starlight Children's Foundation*
Over 60 new and well known stalls, raffles, lucky dips, face painting, balloons. Cash only please.

Normie Rowe & Bev Harrell

Date: Friday 9th December

Time: 7.30pm for 8.00pm show

Tickets: **Dinner & Show:** Adults \$42, Concession \$37 (limited tickets available). Show only: Adults \$25, Concession \$20. (**ON SALE NOW!**)

Normie Rowe and Bev Harrell, legends of Australian music, combine to present a very special Christmas show.



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STARplex Swim Centre Christmas Holiday Opening Times

Monday 19 th – Friday 23 rd Dec	6.00am -9.00am 12.30pm – 3.30pm 6.15pm – 9.00pm	STARplex Swim School Holiday Program
Saturday 24th Dec - Tuesday 27th	Closed	
Wednesday 28th - Friday 30th Jan	6.00am- 12.00pm 6.15pm - 8.00pm	
Sat 31st Dec - Monday 2nd Jan	Closed	
Tuesday 3 rd – Friday 6 th Jan	6.00am- 9.00am 12.30pm - 3.30pm 6.15pm - 9.00pm	
Sat 7th and Sunday 8th Jan	8.00am - 1.00pm	
Monday 9th - Friday 13th Jan	6.00am - 9.00am 12.30pm - 3.30pm 6.15pm - 9.00pm	Sammy Survivor Holiday Program Week
Sat 14th and Sun 15th Jan	8.00am - 1.00pm	
Monday 16th - Friday 20th Jan	6.00am - 9.00am 12.30pm - 3.30pm 6.15pm - 9.00pm	STARplex Swim School Holiday Program Week
Sat 21st and Sun 22nd Jan	8.00am - 1.00pm	
Monday 23rd Jan - Wednesday 25th Jan	6.00am - 9.00am 12.30pm - 3.30pm 6.15pm - 9.00pm	
Thursday 26th Jan	Closed - Australia Day	
Friday 27th Jan	6.00am - 9.00am 12.30pm - 3.30pm 6.15pm - 9.00pm	
Saturday 28th and Sunday 29th Jan	8.00am - 1.00pm	
Monday 30th Jan	Term 1, 2012 Commences Regular Term Opening Times	Term 1 Swim School starts

STARstore now open
Sundays 9.00am - 12.00pm
Get started on your Christmas Shopping!

STARplex Swim Centre
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Evanston Park
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