

From Andrew and Karen

Wow! This year has gone quickly. There has been so much 'going on' in the last few months..

Swimming Club Season starting with great success - We have conducted our instructor training sessions with all instructors attending between 4-6 training evenings to further improve their teaching skills – We held 'Open Heart Day' raising funds for the Heart Foundation - A number of the local schools have been in for their schools swimming programs – And, Andrew has been heavily involved in our successful Commonwealth Games bid for the Gold Coast, as Chairman of the Athletes Advisory Committee and a member of the Bid Team in St Kitts & Nevis!

I think everyone will appreciate time to 'wind down' over the Christmas break! Our Parents & Swim Instructors alike!

We would like to take this opportunity to THANK our dedicated parents for your commitment to your families swimming development this year. Whether it's in the stroke correction or competitive squad program or the (vitally important) drowning prevention program, we genuinely thank you for providing your kids with a beneficial, potentially life saving, healthy activity as swimming lessons are!



NEW in 2012!

Lesson Plans - Here at SUPERFISH we constantly review our teaching program, to make the SUPERFISH program as current and technically advanced program available. Making our training program the most effective program for your children's swimming development. We are very proud to introduce new, improved, streamlined changes to our lesson plans, commencing in January 2012. All instructors have already attended our in-house training programs for these changes and are all excited to introduce the new & improved lesson plans.

Parent CPR Course 2012

All parents & grandparents should know this life saving skill!
Taking Bookings Now! Saturday 9th February 1-4pm. \$60pp. Inc full CPR Qualification & Certificate. See Reception to Book.

For all current SUPERFISH information PLUS the chance to win great monthly prizes, join our facebook page
www.facebook.com/SuperfishSwimSchools



End of Year Fun Day

We would like to offer all of our SUPERFISH families a Family Fun Day!

On Saturday 17th December from 1-4pm.

FREE Pool Entry, Sausage Sizzle, Face Painting and maybe even a visit from Santa!

Come along! Bring the whole family for a great afternoon!



Superfish Snippets

Introduce a Friend

Did you know that EVERY new child you introduce to SUPERFISH, your child receives 2 FREE additional lessons! It's limitless! Introduce 10 children – get 20 lessons FREE!
Collect a brochure from reception!

Hamilton Island Competition

Its not long now till our \$3000 Hamilton Island competition is drawn! Every child, every month, receives an entry into the draw! Good Luck Everyone. Drawn 17/12/11.

Last Chance to Increase your chances to Win – BONUS entries –
You receive an additional entry into the draw for EVERY new child you introduce to SUPERFISH Swim Schools. Only 4 weeks to go!!

Direct Debit Program

Currently paying 'over the counter' each month? Why not join our EASY Direct Debit System. No Queues. Your choice of account. No hidden bank fees!

PLUS if you have paid a 'Joining Fee' you can use as 2 additional lessons!

Boxing Classes & Aqua Aerobics

Mums & Dads! Come along and try our very popular Aqua Aerobics classes or Boxing Classes. These classes are for men & women, all ages and fitness levels. No Bookings required. \$10/class. Discounts apply for 20-session passes or classes are included in our Platinum Memberships. We also offer Abs, Butts & Thighs & Outdoor Fitness. Pick up a timetable from reception!



Swim Club

SUPERFISH Swim Club is off to another successful season! All swimmers from Nippa 2, Nippa 3, Nippa 4, Nippa 5 & Squad swimmers can still join as either competitive members or non-competitive members. Come along and trial a club night! The next club night is Friday 2nd December & the Club Christmas Party is Friday 9th December. Collect Information at reception.

Why we do the things we do?

Q. Why do we teach under water "Swapping Arms" before we teach 'Over Arm' Freestyle?

A. The most important part of the Freestyle Swimming Stroke is what happens under the water. The effectiveness of the 'pull' under the water is what propels the swimming stroke forward. This 'pull' or 'sculling' is taught to beginner swimmers, so they learn what moves them forward in the water. This drill is continued right through to advanced squad programs. If a swimmer is taught 'over-arm' freestyle too early in their swimming progression, before the correct basics have been established, the swimmer will 'snake' their body and wrongly 'cross kick' their kicking legs to compensate the weakness in the vitally important strong kick and a correct head and body position.

Christmas Stocking Fillers!



Did you know we have beautiful **Gift Vouchers** for a range of services here at SUPERFISH? Here are some present ideas-
 *Have a relative buy a month or two of swimming lessons.
 *Or, know of a family member who is thinking of starting swim lessons? What a great way to get them started!
 *A 20-Session Aqua Aerobics or Boxing Passes for Mum, Dad, Grandma or Grandpa.
 * A 40-session Lap Swimming Pass
 *Children's Swimwear, swim caps, flippers or goggles for stocking fillers!

2012 Calendar

OCTOBER							NOVEMBER							DECEMBER							JANUARY						
M	3	10	17	24	31	M	7	14	21	28	M	5	12	19	26	M	2	9	16	23	30						
T	4	11	18	25	T	1	8	15	22	29	T	6	13	20	27	T	3	10	17	24	31						
W	5	12	19	26	W	2	9	16	23	30	W	7	14	21	28	W	4	11	18	25							
T	6	13	20	27	T	3	10	17	24	T	1	8	15	22	29	T	5	12	19	26							
F	7	14	21	28	F	4	11	18	25	F	2	9	16	23	30	F	6	13	20	27							
S	1	8	15	22	29	S	5	12	19	26	S	3	10	17	24	31	S	7	14	21	28						
S	2	9	16	23	30	S	6	13	20	27	S	4	11	18	25	S	1	8	15	22	29						

- Payment Week - fees due
- Direct Debit Deduction - first Tuesday of each month
- Closed - no regular lessons this week
- Public Holiday - please organise a make-up session

Our final day for 2011 is Friday 23rd December. See you all back on Tuesday 3rd January!

Taking our very popular Café POOL PARTY Bookings now for 2012! 55294343 #3



Jetts 24 hour fitness

PACIFIC PINES December Special

Join in December and receive a **FREE 3 Session Personal Training Pack Value \$60! PLUS** Join with a family member & receive our **CORPORATE RATE! Valid Until 31/12/11**



Private Intensives

Our Intensive Private Lesson Program has been a huge success in 2011 for ALL swimming stages. These programs have been a fantastic way to either - 'Fast track' your child's drowning prevention program. Or, for those children in higher levels to work on areas they maybe struggling with. We are taking bookings now for -
Mon 5th to Fri 9th December
Mon 12th to Fri 16th December
Mon 16th to Fri 20th January

Newsflash

Don't forget...
 If you are missing lessons over December or January, please see administration to organize make up lessons before you go! Make sure your fees are up to date, to guarantee your spots are held in classes.



Andrew Baildon's SUPERFISH Swim Schools

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For your chance to **WIN GREAT PRIZES** in our monthly draws and stay up to date with the latest news and have your say...



www.facebook.com/SuperfishSwimSchools