



SWIM SCHOOL NEWSLETTER

October 2017

Hi All,

Spring has arrived and term four is underway in our newly renovated pool!

We would like to thank all members of our Synergy swim school family for helping make term three a great success.

Inside This Newsletter:

- Term 4 News
- New - **Water Babies** Classes
- Help us grow – refer a friend for free goodies.
- Term 3 Swimmer – Dylan.
- Water Safety – Avoid Rips, Treat Jelly Fish Stings
- Introducing Jarred & Holly.



Term Four News

The timetable will be released on Monday October 2nd, 2017. All kids will roll over for next term and you will be invoiced for term four.

If you no longer wish for your child to swim you should've emailed me I will void the invoice. Term Four will run from the 16/10 to 9/12, an 8-week term.

Please ensure that your invoice is paid, at the latest, by **Monday the 30/10/2017**. Late payments will incur a \$15 admin fee, charged to your account. If you have any issues please feel free to contact me.

Price Reminders

Level 1-5: \$132

Level 6: \$155

Level 7: \$160

*Discounts apply for the second and the third child.
Faster Progression with Multiple Lessons per Week or
1-1 Coaching*

This term saw great results from our kids who swam twice a week. Swimming x 2 a week helps you leverage your new skills. Like anything else in life, practise makes perfect. Help your children master skills for life in time for summer. Book in for two lessons a week today and get your children ready for summer!

****30% off your second block of lessons.**

Would you like to see your kids get some extra one on one attention?

****Book in for a block of 8 private swimming lessons for only \$300 and get 15% off your swimming lessons.**

Get in quick! Limited spots remain with our swimming instructors.





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WATER BABIES

Living in NZ we are surrounded by water. For those of us fortunate enough to call Aotearoa home, swimming is a basic life skill

Synergy Swim School is excited to announce the launch of our new **water babies** program.

This program will be running every Thursday starting on the 19th of October.

The 5-week term will cost \$100.

Lesson times

9:00 am-9:25 am: 6 months-12 months
9:30 am- 9:55 am: 12 months -24 months

All infants must be wearing nappies. These will be available for purchase at reception from the 19th of October.



WHY WATER BABIES?

For children learning to swim can be a scary experience, especially at the sensitive ages of four or five. Avoid this happening by introducing your child to the water as early as 6 months old.

**Research on early childhood development shows that kids can learn to swim around the same time they are learning to grip, crawl and walk.*

Getting your child into the water at a young age is ideal if you want to give them a lifetime passion for swimming, one based on early memories of feeling warm and safe in the water in the arms of their mothers and fathers.

Our Saltwater Pool removes the risk of chemical exposure that can occur in a heavily chlorinated pool. Water Babies in our salt water based pool is helping protect your child's skin and wellbeing. As always, safety is our prime concern so we guarantee small class sizes.

Both of our Water Babies instructors (Tyler & Hannah) are qualified STA instructors with multiple years of experience teaching swimming to infants.

So don't wait! Start making water babies memories with your child today!

If you have any questions, or want to know more about water babies, please feel free to contact me (Hannah) by phone or (best option) swimschool@synergyfitness.co.nz

If you would like some more information on water babies look no further than;

[:https://www.waterbabies.co.uk/baby-swimming/benefits-of-learning-early](https://www.waterbabies.co.uk/baby-swimming/benefits-of-learning-early)





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HELP US GROW - Referral Special

At Synergy we value our customers and we value your positive word of mouth. If you get a friend to sign up with the Synergy Swim School we will reward you with a 30-minute private lesson valued at \$45 or an Aqua Line swim package valued at \$45 (conditions apply).

WORKOUT WHILE THE KIDS SWIM.

Life can be hectic! Are you struggling to get your own exercise in? Exercise while your kids are swimming.

We offer special rates for swim school parents and will provide an effective 30 minute workout to follow.

Book in to see Lisa Maree today and make the most out of your day. Lisa-maree@synergyfitness.co.nz

WATER SAFETY TIPS

I am sure most of you have seen the Surf Life Saving flags we have up in the pool. This is to remind you to swim between the flags when you are at the beach.

In New Zealand drowning is a major concern. That is why learning about the ocean is so important, no matter your age. Read below to learn some enlightening beach facts.

When you are at the beach it is important to be able to identify certain things like:

- RIPS
- Swimming Between the Flags

What is a RIP?

A rip is a strong current that pulls the water out to sea. It is shaped like this:



How to get out of a RIP

If you are a strong swimmer you can try to swim out from the neck of the rip. But if you are not a strong swimmer, DO NOT try to swim out of the neck, it will be like swimming on a treadmill and you tire quickly.

TERM 3 SWIM STAR -Congratulations Dylan!



Dylan has worked extremely hard this term swimming twice a week. He moved from Starfish up to Jellyfish. Both of his instructors are extremely proud of the progress he has made. Nice Work Dylan. Enjoy your new goggles from.





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The safest thing to do in this case is to let the rip pull you out to its head and then you can swim out from the head of the RIP.

IN DANGER! SIGNAL A LIFEGUARD.

How do you identify a RIP?

- Deeper, dark-coloured water
- Fewer **breaking waves**
- A **rippled** surface surrounded by smooth waters
- Anything floating out to sea
- **Foamy, discoloured**, sandy, water flowing out beyond the waves.

(ALERT, RIPS don't exhibit all of these signs at once)

Next time you visit the beach see if you can spot the RIP.

ALWAYS SWIM BETWEEN THE FLAGS



Introductory offer

**10 x 45 minute - 1-1 Adult
LESSONS**

ONLY \$400 - SAVE \$200*

* 1st time 1-1 clients only. (Subject to availability)

INTRODUCING HOLLY

We welcome Holly to our team. Holly is a final year design student at Victoria University and will be studying towards her Master's degree next year.

Holly brings with her a broad range of experience to our team, having taught swimming in multiple swim schools across NZ. Holly also has a background in surf lifesaving. She looks forward to seeing you at the pool!



INTRODUCING JARRED

We also welcome Jarred to the team. Jared comes to us from Palmerston North where he was a competitive swimmer with Ice Breakers Aquatics.

He is currently studying at Massey University towards a bachelor of Creative Media Production. He is excited to meet everyone and share his love and knowledge of swimming!

