



SWIM SCHOOL NEWSLETTER

July 2017

Synergy Swim School Term 2 News.

Term Two is now over, and on behalf of our team at Synergy Swim School, I would like to thank you all for being a part of the Synergy Swim School family this year. This term has been a busy term. I am happy to say that we all seem to have survived the time of the year where sickness travels around.

In this term newsletter,

- The 3 week closure of our swimming pool
- Congratulate our swimmer of the term.
- An article on motor learning – learn faster!
- Some specials that we are trialing this term.
- Our health and safety process and our new payment policy

TERM 3 DATES:

Monday the 31st of July 2017 through to Saturday the 29th of September 2017.

Nothing makes us happier than allowing your children to practice and have a play before their lesson. To ensure we can continue this please ensure your children follow the pool rules.

On behalf of our incredible learn to swim team at Synergy Health and Fitness Club I would like to thank you for giving us your business; you guys make our jobs enjoyable.

See you all in our newly renovated pool at the end of July.

Hannah Altman,
Director Synergy Swim School



JULY POOL CONSTRUCTION

With all good things come sacrifices. The November earthquake caused our pool to suffer some minor damages.

The pool area will be closed for these repairs **re opening on Monday the 31st of July 2017.**

Unfortunately, this means we will not be offering a holiday program during the holidays and term three will be starting a week later than normal.

If you are looking for a good substitute for the holiday program please consider doing two lessons a week during term three once the pool has been renovated.

There is a discount of 40% on your second lesson for the first 5 respondents. Simply email me at swimschool@synergyfitness.co.nz, to lock in your spot at 40%. Get in quick!!





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SWIMMER OF THE TERM

At Synergy, we would like to recognize our amazing and dedicated members. This term our swimmer of the term is one of our adults, Simon S.

Simon asked us for help in March 2017 with the aim of swimming 200 m. He could not swim breaststroke or butterfly.

After completing one private lesson every week for the past 4 months Simon is now able to swim 200m of freestyle and over 100m of breaststroke with almost perfect technique and 25m of butterfly.

As much as I would like to say that his breakthroughs are 100% due to his private swimming lessons, I can't. Simon has practiced his swimming 2-3 times a week on his own, perfecting the skills he learnt during his lessons.

The Team at Synergy is proud of your achievements and we look forward to seeing what you accomplish next on your swimming journey. *Great Work, Simon.*



SCHOOL NUMBERS GROWING.

We are very pleased the Swim School is growing steadily this year with an increasing number of group lessons and high demand for our 1-1 coaching.

With this come some challenges, namely keeping track of everyone who enters the facility and ensuring that we manage our class numbers carefully to maintain our intimate group coaching environment.

Please help us by;

- Using the personal swipe cards we have provided to check in.
- Letting us know early if you do not require your spot for next term.

TERM 3 BOOKINGS AND INVOICES

In the past, to help secure your preferred lesson times we have been assuming re enrolments' for students unless we are advised to the contrary.

Please ensure you advise us if your son / daughter will not be swimming the following term.

Term 3 Booking Confirmations will be sent out by Monday the 18th of July 2017

Invoices will be sent Monday the 7th of August and will be due 14th August.

Please make your payment or arrangement with us by the due date. Payment can be made online to this account number 12-3630-0000471-00 *Reference* Students name and T3.

A late fee of \$15 will be charged for overdue invoices.





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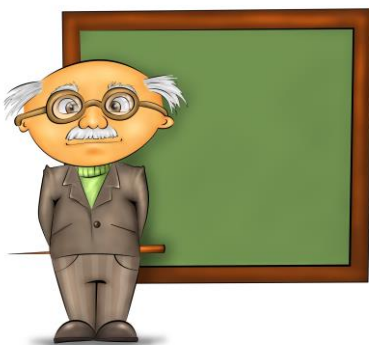
July 2017

Swim Science Lesson.

By Hannah Altman (BHS m SP, EX)

Learning to swim is hard. Whether you are 3 or 73 it is tough!

When you are learning something, it is easy to *feel as if you hit a wall, that you can't improve*. You may find yourself looking around and see everyone improving and feel as if everyone is overtaking you and you are asking yourself what is wrong with me!



Now let me assure you that you are normal and that nothing is wrong with you. What you can't see is that the person beside you is practicing the skills they learn in their lesson. As with math or science, practice makes perfect.

If you are doing a lesson once every two weeks and you are improving slightly try coming to the pool once a week and do the homework that your instructor gives you. You will be a fish in no time.

Studies show that in different forms of physical activity, for example dance, "Practice makes perfect", practice increases the activation in the cortical region

of the brain during dance practice. This study shows that after 7 weeks of practice, as the dancers became more skilled, they make more efficient and effective use of the cortical region of the brain.

The study on dancers also shows that in the learning process individuals' brain function takes on an inverted U learning pattern from a slow pace at the start of the learning process, (that first swimming lesson), to a much faster pace.

But once swimming becomes more instinctual your brain function speeds up and swimming becomes second nature.

You don't have to think about it as much. Your brain sends swimming related signals to your muscles much faster. This is what happens when you master a skill. Because of this increase in brain efficiency through serious practice, the activation in the cortical region of the brain returns to normal.

The issue is when you don't practice enough then your brain can't train itself and you are stuck in the stage where your brain can't adapt, which is why you feel as if you are stuck in a grub.

References

www.sciencedaily.com/releases/2016/01/160129170533.htm

Rachel J. Bar, Joseph F. X. DeSouza. **Tracking Plasticity: Effects of Long-Term Rehearsal in Expert Dancers Encoding Music to Movement.** *PLOS ONE*, 2016; 11 (1): e0147731

Accelerate your learning - Swim more!

Ask us about our private lessons or the great discount on a second weekly group lesson.





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WHATS AVAILABLE AT SYNERGY

FOR SWIM SCHOOL STUDENTS

1. Second Lesson's for kids 30% Discount (Limited Spaces). * See this month's special offer
2. Private lessons \$40 for a 30-min lesson.
3. Kids Swim Membership \$10 a week (Supervision Required)

Sunday Madness, \$5 from 2:00 pm on Sunday's.
(Adult Supervision Required) \$10 a week or by a term pass for \$55.

(Sunday Madness is an opportunity for your children to come to the pool and practice their swimming. One of our instructors will be at the pool and will give your child pointers)

FOR ADULTS

1. 10 X swim gym use for only \$100.
2. Adult Swim Squad \$25 for members, \$35 non-members. Thursday at 6:45pm with Chanel
3. Sign up for a 6-month membership

Not only do you get free access to our 20m salt water pool, you get free group fitness classes (see timetable), a free training program from a qualified personal trainer, access to our ultra-red sauna, and access to our state of the art equipment.

As you all know we have great showers along with our locker facilities.

Email Lisa Maree at lisa-maree@synergyfitness.co.nz about joining the Synergy community

PROFESSIONAL DEVELOPMENT FOR OUR COACHES

Synergy will be hosting Swimming NZ in August for a training course.

We look forward to developing our staff's knowledge so we can be the best and provide the best services to our valued family of customers.



I would like to wish Gabby Millar the best of luck as she embarks on her Swimming New Zealand Swim Teacher Award.

REFER A NEW STUDENT, earn \$15 CREDIT

Synergy is a small swim school, so we appreciate and reward referrals. If you bring a friend who signs up for a term you get a \$15 credit.

TERM THREE DATES

Monday July 31st, 2017 to Saturday the 29th of September 2017

We look forward to seeing you next term.

