



Welcome term 3 swimmers, it's great to see our regulars back and a bunch of new learners joining us for the first time!

Just like you we've been pulled and stretched into what is now our regular term with almost all of our learners having at least 14 weeks off, some a little longer as they will return in Term 4. The great thing about our swim school is that the facility allows for year-round swimming in a warm and comfortable environment. We'd like to say a massive thank you to all of our families who have stood by us and returned to swimming lessons after such a disruptive few months.

We have a bunch of events coming up with the first being a social event for our Instructors this coming Wednesday. Keep your eye out for photos on our [Facebook Page](#) or [Instagram](#).

Then we look forward to our first Welcome to Water sessions starting in September for families with babies aged 3-5 months. These free 20-minute sessions run over a 4-week program encourage both mum and dad to participate in the water safety journey and are available on Thursday evenings at 6.15pm and Saturday afternoons at 3.15pm. If you have a new baby, or know of someone who does, please pass on our details!

In Week 8, Thursday 10<sup>th</sup> – Sunday 13<sup>th</sup> September, Gwen from Water Pixies Underwater Photography is joining our classes all week to take amazing pics of the children during classes. More info on these will be provided the week before.

We will be offering another discounted Holiday Program these school holidays over the 9 weekdays available as of Tuesday 29<sup>th</sup> September to Friday 9<sup>th</sup> October. Lessons will again be \$10 per child per class for this program. Bookings via the App & Portal will be open as of Week 9, Thursday 17<sup>th</sup> – Sunday 20<sup>th</sup> September.

Swim Mechanix is proudly participating in Learn 2 Swim Week again this year offering a free swimming lesson to children under the age of 5 years in our community. These will be run on the school holiday weekend of 3<sup>rd</sup> & 4<sup>th</sup> October with 1 lesson available to each child under 5 years of age. Bookings can be made in the App or Portal as of Monday 21<sup>st</sup> September and you can invite all of your friends and family to book a class!

See you on deck!

Liz & the Team

Deck Assistants: Success – Alira, Amelia & Jade

Byford - Sorrell



## Get a Free Swimming Lesson with Learn2Swim Week!

We're excited to be partnering with Learn2Swim Week 2020, which offers free swimming lessons for children under five to introduce the importance of water safety.

Learn2Swim Week is a Poolwerx initiative and runs from 30 September – 7 October, supported by Laurie Lawrence's *Kids Alive - Do The Five* campaign. The aim of this fantastic initiative is to get children under

five in the pool and learning to swim so they can start to develop the skills they need to stay safe in the water, and we will be offering **1 free lesson on Saturday 3<sup>rd</sup> or Sunday 4<sup>th</sup> October at Success.**

If you are a parent who has children under five or know someone who does, don't miss the chance to take advantage of this great initiative or help us spread the word by letting friends and family know about Learn2Swim Week.

Water skills and swimming is a key factor in reducing the risk of childhood drowning. Learn2Swim Week makes it easy for parents to get their under-fives started in water safety, learning the skills that can help them get themselves out of trouble in the water, and it's FREE. So, give us a call or email [Success@swimmechanix.com.au](mailto:Success@swimmechanix.com.au) to book your child's free introductory lesson. Alternatively visit [https://learn2swimweek.com/swim-schools/swim-mechanix-success/?post\\_code=6164&distance=5](https://learn2swimweek.com/swim-schools/swim-mechanix-success/?post_code=6164&distance=5) to sign up online or learn more.

## The AWSOM Project Disability Sponsorship Program Fundraising Drive

Since 2016 the AWSOM Project has provided regular swimming lessons to children in Vietnam with a range of mental and physical disabilities. These lessons are run by local teachers in My Tho City, Vietnam, who have undergone the AWSOM Project's Teacher Training Program.



This fantastic program has provided children with disabilities in Vietnam priceless education in swimming and water safety. This wouldn't be possible without the help of our amazing sponsors.

For a ONE TIME ONLY donation of \$60.00 (AUD), you can sponsor one child in the program and fund their lessons throughout the year. You will receive a sponsor card with a photo of one child in the program, plus their name, age, and hobbies. Your small donation will go an extremely long way in a program designed to give children with disabilities in Vietnam the chance to learn vital survival skills to help them be safe around water. To donate, please visit: [www.awsomproject.com/donations](http://www.awsomproject.com/donations) For more information, contact: [admin@awsomproject.com](mailto:admin@awsomproject.com)

**Swim Mechanix will be sponsoring 10 children on behalf of Liz & our Instructors. If you'd like to contribute to sponsoring more, you can let us know you want to add a \$5 donation to your account in Term 4.**

During our most recent training in the July School holidays, Miss Bron was asked to deliver a presentation of her experience at the International Swim School Spectacular held in January this year in Singapore. We gave our Instructors the opportunity to apply to attend this conference with 2 being able to join Liz on this adventure. Miss Bron and Miss Melanie relished the chance to learn about the industry as well as meet people who are just as passionate as themselves when it comes to water safety and swimming skill development. Here's her summary.

The beginning of this year marked the arrival of the second International Swim School Spectacular event hosted in Singapore by the Australian Swim School Association. This weeklong event, held in January, was attended by many members of the Australian Swim Schools Association, including 3 Swim Mechanix staff; Melanie, Liz and myself.

The presentations throughout the week were focussed on 3 main sectors, Infant Aquatics, Customer Service, and Business Management.

The World Infant Aquatics Conference presentations were insightful as to the many different factors of how our children learn and retain information. A key topic of interest for me was Trauma Free swimming, and how it plays a part in the retention of skills and the formation of emotional links to certain activities.

All stress in our lives can be grouped within three categories.

- 1) The first is positive stress, this is small and brief adrenaline increase which is essential for healthy developments. Many may feel this increase as the feeling of 'butterflies in their stomach'. Our children may feel this after completing a task they were anxious about, such as attempting their freestyle for the first time without a kickboard.
- 2) The second is a tolerable stress. This stress is an association with an exposure of stress that is not normal, but with the support of a trusted adult they are better equipped to cope with the stressor. This can be seen through serious injuries or experiencing a death of a family member. By having a supportive relationship with an adult, children are able to work through the stress and gain control of feelings and learn to regulate their hormonal balances back to normal.
- 3) The third stress is Toxic stress. This is a long-term exposure to stress such as exposures to violence or the burdens of familial economic hardships that without the support of an adult leaves a child at risk for impairments to their cognitive and physical developments.

The Customer Service presentations explored what a business like ours can do for YOU and your family and how we can be on top of and always a step ahead of your expectations every time you walk in our doors. Much of what was said surrounded performing surveys to our families to stay updated with the current thoughts and ideals.

Liz attended the Business Management day on her own while Melanie and I took in the sights and sounds of Singapore.

Throughout the week there were many opportunities for networking and socialising, we were lucky enough to chat with many representatives of swim school members from the eastern states and America. While chatting at the Lavo bar I was lucky enough to have a chat with the president of the Australian Swim School Association, Mr Ross Gage.

**Our children have amazing learning and retention abilities; when learning it takes approximately 400 repetitions to build long-term neural links, but when they are learning through play this drops dramatically to only needing 10-20 repetitions!**



# Underwater Photo Booth

Put the fun goggles on!

You love water!? You want to capture that magic splash moment in a studio quality underwater photograph? Put the fun goggles on and jump in!

Underwater Photo Booth is our super convenient, affordable, fun mini-session. No need to book, no obligation to buy, just jump, capture and share!

<https://www.waterpixies.com.au/underwater-photo-booth>



Have you been using our App or Customer Portal?

With all class bookings and enrolments being completed using our new online format, we want to let you know a few things.....

What can you do on the App and Customer Portal?

- Change/update your details, add a student, add Payment Information
- Request make up lessons (providing tokens have been applied)
- Make a Payment and see your transaction history
- View your current enrolments, the skill evaluations and attendances
- View available lessons if you're wanting to change day/times

What can we do in the iClassPro Back Office?

- Ensure all details are correct and up to date
- Updating Make up Lesson tokens when notified of illness or non-attendance
- Applying credits if lessons have been cancelled by us
- Reenrol swimmers into classes in rolling sessions – that's just the system's language for consecutive terms (once you enrol online, we don't need you to do it again unless you're away for a term!)
- Send emails as an email blast including Statements, information, and other important news. These will never be used for junk or spam. We can also see if the email has been Delivered, Opened or Failed. Please make sure your email settings accept our communication.
- Send push notifications via the App for immediate information such as class cancellations and reminders about Safety Week.

Access the portal in your web browser here - <https://app.iclasspro.com/portal/swimmechanix>



Download the iClassPro App for your device in the App or Play Store

