

Newsletter - November 2018

Kingston Pool and Wellness Centre

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Water Safety Week is fast approaching for Term 4, and with Summer just around the corner we think that concentrating on home pools, beach and boat safety is highly important, which are all part of our summer activities. We will cover beach safety, including where to swim, the dangers that can occur in our water ways, the importance of wearing life jackets in boats as well as fishing and we'll give your children the experience of wearing the life jackets in the water.

Water Safety Week will be held during the week commencing Monday 26th November through to Sunday 2nd December. We would greatly appreciate your support in ensuring that all children wear normal everyday summer clothes for this week please.

We will be promoting a Home Pool Keep Watch initiative along with Royal Life Saving, by offering our clients and their family and friends who have home swimming pools a Home Pool Keep Watch pack. We will have these available the first week in December. Watch Face Book and our website for details on these packs. And please remember the importance of all adults keeping watch around all our water ways.

Stuart is once again growing a Mo for the Men's Health fundraiser, Movember, please support this very important cause, by donating via the link: <https://mobro.co/stuarttalbot5>

*Regards,
Stuart & Tam*

The final swimming lessons for 2018 will be the week commencing Monday 10th December. Our Swim Safer program will recommence in 2019 with the first swimming lessons on Tuesday 29th January. Classes will just roll over into the new year; you do not need to re-enroll. If you are a term booking then you will need to re-enroll, before the 16th December. No payment will be due until the week prior to commencement of classes.

There will be no charge for any lessons during this festive break period. Please note that the first direct debit run for 2019 will be Thursday 24th January.



We know the importance of drinking water while exercising on land, but did you know the same applies while participating in swimming and water exercise? While you do not think you are sweating; you are! Plus, the added temperature of the water dehydrates you much quicker.

We strongly recommend and encourage all participants in the following to bring water bottles with them to classes:

Aqua Aerobics • Gentle Exercise • Squad • Learn-to-swim levels Aqua Enhance & Aqua Strokes

WHAT'S HAPPENING

Aqua Classes

MON
8:30 – 9:15 am
WED
8:00 – 8:45 am
MON & WED
7:15 – 8:00 pm

FREE creche available for all AM classes

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Birthday Parties

Looking for a fun way to celebrate your child's Birthday? You will have exclusive use of our pool and party room. For more information please see our friendly staff in the kiosk or phone us.

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Gentle Exercise Classes

TUE & THURS
8:00 – 8:45 am
FRI
8:30 – 9:15 am

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Casual Swimming

For the most up-to-date times each week please check out our Face Book Page or Website. Our team posts weekly timetable every Monday for your convenience.

Healthy Pool Program, we are very proud with our water quality and have now been inducted into the Healthy Swim Program and are the first Pool in Tasmania to receive this. Healthy Swim certification ensures the water your family is swimming in is clean and healthy and that you are protected from chlorine-resistant parasites such as cryptosporidium.

Please visit the link to find out more <https://healthyswim.com.au/>



Vorgee Little Kozzies - re-usable Swim Nappy

High Quality Fabric with a fleeced hypoallergenic natural lining that allows water to drain away whilst keeping accidents in; light weight, comfy, easy pull up style – no buttons or buckles. Economical and environmentally friendly - you only have to buy them once, not like the disposable swim nappies which you need to buy all the time! They will be available in small, medium and large, pink/purple and blue/green. The cost be \$20.00. We are taking pre-orders to purchase these in 2019. Please see our friendly kiosk to have a look at one and place your order.



Good news Vorgee Aqua Body wash is now available in the kiosk for only \$10.00 per bottle. We have plenty of stock available.

We have also attached our current infant promotion flyer, we have extended the date to 31st January, 2019 and is available for new enrolments, please share with family and friends.

Can we please remind you that any changes, holds or cancellations to our Swim Safer Program need to be in writing, which you can do by emailing to office@kingstonpool.com.au this is necessary as we start to receive lots of requests for the new year.

