

BEAUMARIS AQUA AEROBICS CLUB

NEWSLETTER

Greetings. Especially if this is your first newsletter from BAA Club. We've had a few new participants join us recently and I would like to extend a warm (& wet) welcome to Mary C, Bailey (our youngest member), Libby, Monique & Paul, Karen, Sandra, Julie, Elaine, Paula, Courtney & Celeste. This month (May) is competition month; by now most of you will have had an email or a flyer with details. If you have any friends or family members who could benefit from aqua, bring them along and you could win a back, neck and shoulder massage.

I had an idea presented to me this evening regarding a men's aqua class. How many blokes out there would come along to a regular men's class. Feedback please. If there are enough numbers, I'm sure I can add another class to our timetable. Do you have any other ideas?

By now most of you are aware that I now have a contract directly with Beaumaris Swim School and as many of you have seen this week, I have spruced up our reception area. I am really excited about this contract as it has given me a lot more freedom to promote classes. Please take a yellow flyer off my desk as this has the new, updated timetable on it.

I would like to make a special mention to those volunteers who stay in and help me after each class; putting pool lane ropes in, covering the pool and helping put equipment away. A huge **THANK YOU** to you all. I know a lot of you like to get away quickly and get under a warm shower, however you choose to stay in and help me out. I would be there for some time if I was to do this on my own. Once again "Thank you". You are very special people. There are some of you who have injuries or health complaints, and it is not a good idea to put yourself in the position where you could hurt yourself. There are enough of us fit and strong who can get things put away.

There are heaps of birthdays coming up in the next 2 months. For the month of May we wish.....

Sue Rose 6th May Elaine H 15th May Izzy 22nd May

Helen F 8th May Joan B 19th May Lynn V 30th May

Dorothy C 14th

Happy Birthday to you all

And for the month of June we wish.....

Sarah P 3rd June Carol H 13th June Val F 24th June

Helen O 4th June Lana F 19th June Terry P 27 June

Susan W 8th June Christine G 20th June

Laura N 10th June

**Happy Birthday
to you all.....!!**

To get to know The Swim School and its facilities, please feel free to talk to Laura and the girls at reception regarding swimming lessons for your children/grandchildren. Also if you can take time to read the guidelines for pool area, which is in reception near the entrance to the pool. These guidelines apply to all who use the pool.

Here's some tips for keeping warm after aqua in winter: Wrap your towel in a hot water bottle...a nice warm towel after you get out of the pool will help you feel toasty warm! Have a warm shower as soon as you get out of the pool. Bring a beanie, warm jumper and uggies to put on before you leave the pool. Remember, the pool is kept at a constant 32C and during winter, the aircon will be off during classes.

If you have a cold or are feeling unwell, it's best to stay home and put your energy into getting better. I have been taking a "magic" tonic which helps boost the immune system and also helps with symptoms of bacterial and viral conditions such as the common cold, flu, sinus, and bronchitis. It's herbal and is safe in pregnancy and for children. It is called *Pelargonium Root* - a member of the geranium family and can be purchased at Friendlies Pharmacy in Wanneroo. I'm sure it is available at other pharmacies and Health stores.

Chlorine build up on your skin, hair and bathers can be quite a problem for some. Reception has products that can help to solve these issues. *Tog wash* products help to remove the smell and effects of chlorine. A few of our members have used the body wash and the feedback is very positive.

Do any of you belong to a sporting group? I will be running aqua training for sports groups on Tuesday and Thursday evenings, 7pm start. Groups need to book a week in advance and I require a minimum number of 10 and a maximum of 20 in each group. Aqua training is a great addition to your regular sports training. This session is intense cardiovascular power training.

Stacy issues! I like to think that running a group like ours is always going to be smooth. However, in reality, from time to time one or two issues can arise. If there is something that is bugging you, please bring it to my attention so that we can find a solution. As well as complaints, you may also have some ideas that I can use. Please put any complaints/suggestions in writing. You can either email me or put in sealed envelope (to ensure confidentiality) and leave it on my desk. Please make sure you put your name on any correspondence.

That's all for this newsletter. If there is anything you would like to see included in our next one, email me your idea. See you all in the water

Shirl.

