

BEAUMARIS AQUA AEROBICS
NEWSLETTER
November 2009

Happy springtime everyone! This is the last newsletter for 2009, so we are on the countdown to Christmas. I was talking to a lady in the supermarket today, and she has already made her Xmas cakes and now she's ready to make her Xmas puddings. I would love to say that I'm well organised for the festivities, but sadly I will be panicking and frantic nearer the time!

CHRISTMAS CLOSURE

And talking of Christmas, it's also a season for holidaying, so I will be taking annual leave from the 19th December to 3rd January. There will be no Aqua classes during this time. Final class for this year will be on Friday 18th December and first class back for 2010 will be Monday 4th January. We have our Xmas function coming up at the end of this month. The Old Bailey in Joondalup, (opp Police Station) has been booked on the 28th November from 3pm – 6pm (or later for those who wish). Please confirm your attendance with me asap.

And just a quick note on bringing water to classes. It is going to be getting a lot warmer from now on, and as many of you have said....."you do sweat in the water". So please bring water or sports drink with you to class so that you can re-hydrate.

LOST PROPERTY

If anybody has left any personal items at the pool, there is a lost property bin. Items are cleared each fortnight and donated to charity. So please check to make sure you take all items with you :)

SATURDAY AQUA AEROBICS

I had a few people who responded to feedback for Saturday 12.30pm Aqua classes. If anyone is interested in attending this class on a regular or periodical basis, please let me know asap so that I can plan this.

SHOWERS

For those of you who use the shower facilities at the end of class, please keep showering time short. If there are other people waiting for a shower please be considerate of them and also of our precious water resources.

BEREAVEMENT

Most of you know by now that Todd & Alisa Pearson (Co-owners of The Swim School) lost their little boy, Zac, (22 months) to SIDS in September. It was a sad time for many and our hearts went out to them. The response to donations for SIDS during October has been fabulous. Thank you to those of you who made donations. The goal for The swim School to raise \$2000 has been exceeded and to date has raised \$51,000.

JELLY-BEAN COMPITITION

Our October JELLYBEAN COMPITITION was very popular. 50 of you had many guesses at how many Jelly-beans were in the jar, however only one of you guessed correctly. The lowest number guesses was 95 and the highest was 1501. If you had of read the previous newsletter, you would have read that the numbers were between 1 and 1000. So when some of you asked for a hint.....you already had one! So, the magic number was 456 and the lucky winner is.....drum-roll.....Joy! Congratulations Joy, you have won the jar of jelly-beans (of which 38 are black) and also a single pass for an Aqua Aerobics session to keep for yourself or to give to a friend. Joy is currently holidaying in Bali.....better hurry back luv...I know a few people who have their eye on that jar!

VOLUNTEERS

Again, I would like to give a big THANK YOU to those who put lane ropes aside before class begins and for those who stay in the water after class to help put the lane ropes back in and pool cover on. If you have any injury that could be affected by doing any of these tasks, please DO NOT HELP! I would not want any of you to aggravate any medical conditions. :) Your help is very much appreciated. :)

OCCUPATIONAL HEALTH AND SAFETY
PLEASE READ, THIS IS IMPORTANT AND AFFECTS YOU ALL.

We have just had National Safe Work Week. Here's some tips to stay safe in the workplace.

- 1 STOP, STEP BACK, OBSERVE: Before starting any job, you should take the time to look around the work site or where you about to start work.
- 2 WALK-THROUGH TASK: Think about the safest way the job can be done, what equipment you need and what the critical aspects of the job are.
- 3 IDENTIFY HAZARDS: Identify the hazards you think are present and anticipate what could go wrong.
- 4 CONTROL & COMMUNICATE: How are you going to control the hazards you have identified? Is the risk acceptable? Tell your supervisor what you have done, what the hazards are and what your concerns are, and prepare to put effort into controlling these hazards.
- 5 SAFELY COMPLETE TASK: Implement controls and communicate your actions. Follow the plan you have prepared for completing the task. Should you need to deviate from the plan, go back through steps 1-5 to ensure everyone's safety.

These tips can be applied to most situations.

Here are some guidelines for our safety in an Aqua Aerobics class.

When passing equipment to other people, especially barbells and kick-boards, please refrain from throwing these. Also, please do not use goggles and flippers before, during or after class. This is not a public swimming pool and the use of flippers can be a safety hazard when used around other class participants. Lap swimming is not allowed. The use of goggles restrict vision, and, although I understand some reasons for using these, they are also considered a work place hazard in this situation. Please be considerate of other people who are in the water and respect their personal space. Unfortunately, these guidelines are necessary to prevent injury. There has recently been an incident at another pool that has necessitated these restrictions.

Please read the Information sheet that I gave you when you registered your details. This also has some guidelines in it regarding Aqua. If you do not have one of these sheets, let me know and I will email/give you one to read.

BIRTHDAY CALLS

Happy birthday to those who celebrate their special day for November and December.

Roma Healey	3/11	Deb MacDonald	4/11	Sherry Barrett	5/11
Mary Keating	6/11	Mary Costello	14/11	Patricia Thomas	17/11
Maureen Jenkins	20/11	Teagan Tomlin	22/11	Priscilla Mullins	22/11
Karen Ingersent	22/11	Debra Barrett	4/12	Laurel Pike	5/12
Lynn Malone	14/12	Cecilia Ryan	16/12	Des Bergin-Clarke	16/12
Meg Amor	22/12	Jan Lane	24/12	Liz Behjat	30/12

And I am also celebrating an Anniversary in November. The 10th will be the 32nd anniversary of my 21st birthday ;) If you would like to join me for lunch at The Sovereign Arms in Joondalup on Friday 6th November at 1.30. Opposite the Coffee Club just outside of Lakeside Shopping centre, near the cinemas.

FUNDRAISING

Recently I donated vouchers to one of the local primary school's fundraiser. Astrid was the lucky recipient of these vouchers and has been using them on Wednesdays. When Astrid first contacted me regarding classes, her words were very similar to many others who have joined our classes..... "I'm a Mum who just wants to get fit!". Over the last few months, I have seen your fitness levels improve. Well done Astrid, what an inspiration you are to other mums out there!

If you have a fund-raiser coming up, please do not hesitate to ask me to donate vouchers for your cause. Whether it is a school fete or a quiz night, I would be more than happy to donate Aqua Aerobics passes.

LAST NOTE FROM THE EDITOR'S DESK.

The winter weather is now behind us, so dig out those bathers and get ready to build your summer fitness. Exercising in the water has many benefits and in summer, what better environment is there to build your fitness levels! Benefits include improved aerobic conditioning, improve muscular strength & endurance, decreased incidence of muscle soreness & improved flexibility. Aqua Aerobics on it's own is a great form of exercise, however, if you incorporate it in with other forms of exercise/sport, you will be amazed at how Aqua enhances other aspects of your life. Our classes are suitable for rehabilitation, weight loss, general fitness & toning, mental well-being and fun! We have a wide range of participants, and I always encourage people to work to their own level of fitness.

If you know someone who you think may be interested in Aqua, please give them this newsletter to read.

NETWORKING

The response from my last newsletter to advertise your talents with me has brought a good response. There are a wide range of occupations/services carried out by our members. Keep this sheet handy and I will update this list in future newsletters as more names come to hand.

PLATTERUP Finger Foods
Fiona McArthur/Ernie Hawes
on-site caterers.
0414 700 936 (08)9403 4903

fiona@platterup.com.au
www.platterup.com.au

HARCOURTS
Jeanne Craven
0415 318 669 (08)9300 3344

jeanne@harcourtsgbt.com.au
www.gbt.harcourts.com.au

SILVER CHAIN
Kim Skett
Clinical Nurse Consultant
0407 722 741 (08)9242 0242

kskett@silvershain.org.au

LIVING HYPNOTHERAPY
Janette Simone B.A., B.S.W
Certified Hypnotherapist
0435 172 198

livinghypnotherapy@yahoo.com.au

(Denise) Lyon Dip.TAA, M.HNLP , Hypnotist

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