

COMMUNITY

Newsletter

EDITION ONE

This is the first edition of the Fulton Swim School Community Newsletter. Each quarter we will be informing you of Water Safety Tips to ensure the safety of you and your family in and around water and we will fill you in on the great events happening at Fulton Swim School.

Our aim at Fulton Swim School is "To teach every child in Franklin the life skill of swimming and how to be safe in an aquatic environment".

This newsletter has come about through us wanting to achieve our aim and educate the Franklin Community.

With drowning being the third highest cause of accidental death in New Zealand we as parents, grandparents, and caregivers need to be actively engaged in teaching our children to swim and be safe in and around water.

High 5 for Staying Alive:

Help prevent drowning - Do the 5!

1. Count to five - Supervise (actively supervise your child - check every 5 seconds)
2. Learn to Swim
3. Search for Hazards
4. Never Swim Alone
5. Learn First Aid

Fulton Swim School has come up with "Do the 5!" to help keep things simple and memorable. "Do the 5!" with your children and keep them safe!

We as swimming education professionals need to change the mind set of people that swimming is not just a sport, it is a life skill.

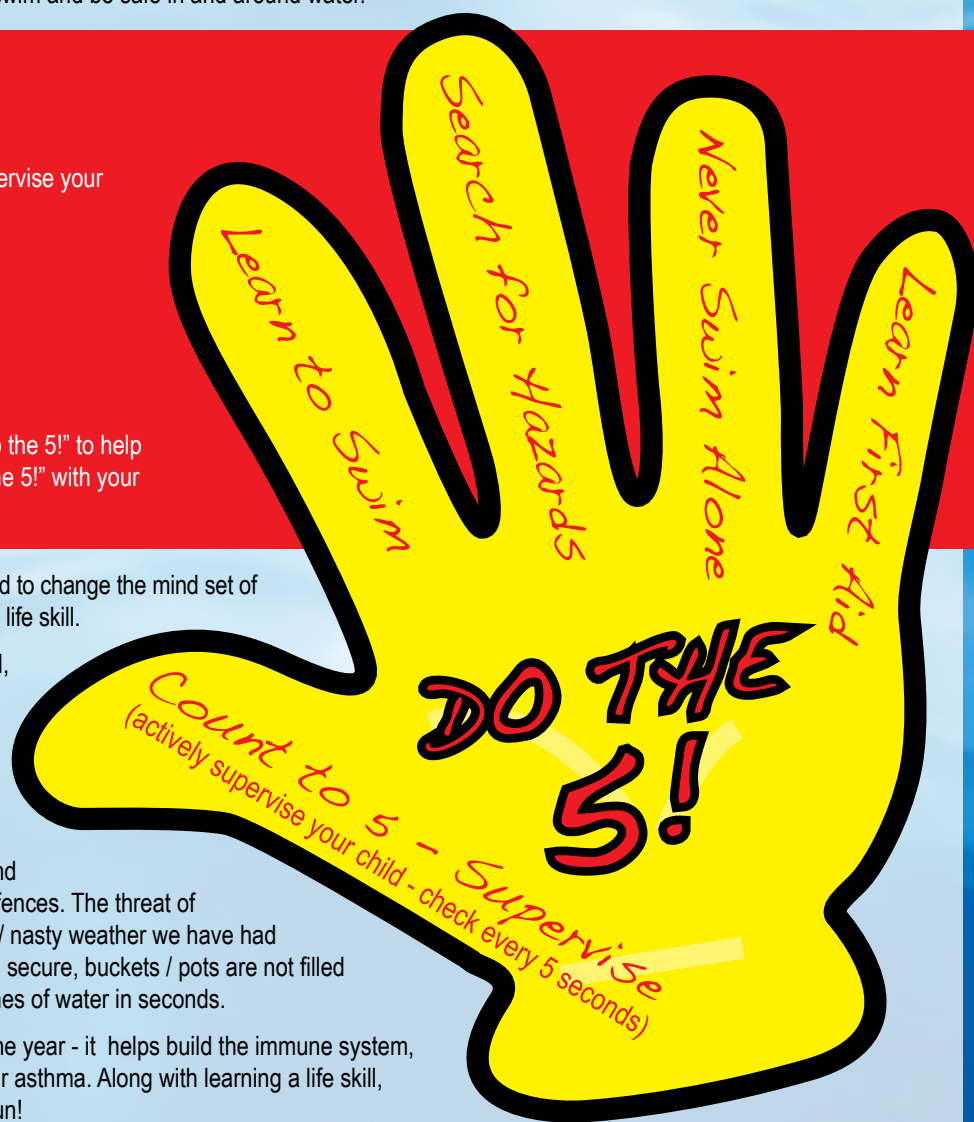
If a child does not learn to play rugby, football, netball or go to gym classes it is not life threatening. Not learning to swim or being safe around water is life threatening. Many young children drown because of this.

Being water wise is not just a summer job, with winter here it is a good time to get out and check around the house, backyard and pool fences. The threat of drowning never goes away. With all the rain / nasty weather we have had over recent weeks make sure that fences are secure, buckets / pots are not filled with water. . . Children can drown in only inches of water in seconds.

There are benefits of swimming throughout the year - it helps build the immune system, helps develop the lungs and breath control for asthma. Along with learning a life skill, continual improvement being fit and having fun!

Hot news

Our Patumahoe pool has just had a new heating system put in. It has improved the atmosphere greatly with the air being fully exchanged six times an hour. "It's the warmest place to be this winter!"



Free Bath Time Classes for Coffee Groups:

This will be a great workshop that will be run on the first Tuesday of each month, for infants under six months. Our first info day will be at the Fulton Swim School Patumahoe Facility at 10am on September 7th 2010.

The course will include:

- Socialising
- Coffee
- Tips on what to do with baby in the bath
- Making a water baby
- Water Safety

Register your interest with the Fulton Swim School Office on 238 1841 or email fultonswimschool@gmail.com.

We have been following Quinn Sharp from three months of age. Check it out on the Website www.fultonswimschool.co.nz/babies

Right: Quinn in his 1st swimming lesson



Swimming Gala:

Our Swimming Gala was held on Wednesday July 28th where children got to showcase their swimming skills to proud parents and grandparents. A big thank-you from us to our supporters Acorn Group, Pukekohe Physiotherapy, Turners and Growers, Farmlands and Notre Vie Chandlery.

As every child that swam received a spot prize they all felt like winners, just the encouragement they needed to strive for better results in their lessons. The children and adults enjoyed a sausage sizzle throughout the evening. Congratulations to Kelly Ross and Shayla Hari who won our raffles.

Fulton Swim School Awarding Swimmers for their Achievements:

It is so important to encourage our kids while they are learning new skills, with continual encouragement children will progress faster. This is why we award certificates at the end of each term for each child which outlines their achievements for the term.

We have also introduced the 'Swimmer of the Week Award' which is awarded to someone who has achieved something amazing over their week of swimming lessons. This will be displayed on our website (www.fultonswimschool.co.nz) and the winner will be awarded The Swimmer of the Week Rosette! Congratulations to our Term Two Swimmers Leah Morgan, Hannah Twiselton, Corey Molineux, Shivam Patel, Liam Managh, Maddison Lockie, Sharna McLean, Lily Fox, Daniel Smith, Karl Erceg and Patrick Carnachan-Balle.

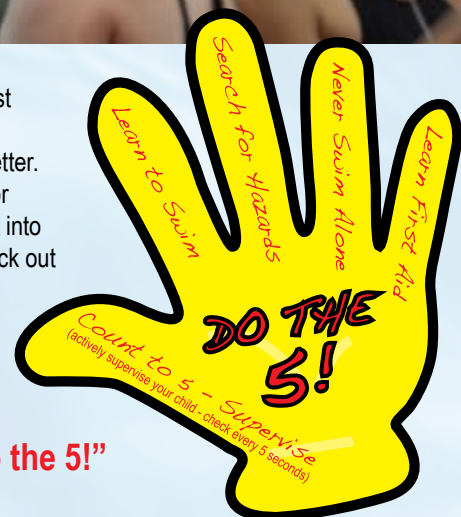
Swim Club:

We are a satellite of the HPK Swim Club (Howick/Pakuranga), they are the number one Swim Club in Counties Manukau Region.

We have a great bunch of athletes in training they range from 8 - 12 years. Our Patumahoe Team got third in the latest round of the dolphin league. This is a great achievement for our newly competitive squad!



We hope you enjoyed the first edition of the Fulton Swim School Community Newsletter. If you wish to contact us for further information or input into this newsletter, please check out the website www.fultonswimschool.co.nz or phone 09 238 1841



And remember "Do the 5!"

