



...Whats on in the Water?

October 2012

Summer is almost here and it is time to start hitting the pool. H2O Fitness Academy runs swimming fitness and stroke correction for nippers through to adults. Our program started many years ago with the Sorrento Surf Life Saving Club to offer swimming programs for surf life saving athletes. Our program has expanded and now caters for kids, adults, surf lif savers, open water swimmers and triathletes although we remain true to our core and continue our relationship with Sorrento SLSC.

This newsletter will provide all the information you will require to swim during the summer season. Applications are now being taken for our summer term.

INFORMATION FOR OUR EXISTING WINTER SWIMMERS

The information contained below relates to swimmers that have trained with us over the winter months and will continue through the summer.

Existing swimmers will **remain at Craigie Leisure Centre until Tuesday 3rd December** when everyone will move to Carine SHS Pool for the Tuesday and Thursday evenings and stay at Craigie for Saturday afternoons.

Swimming Times for November 2012

Tuesdays: 6.30 - 7.30pm (Craigie)

Thursdays: 6.30 - 7.30pm (Craigie)

Saturdays: 3.30pm - 5.00pm (Craigie)

Swimming Times for December 2012 - March 2013

Tuesdays: Gp 1: 5.15pm - 6.15pm, Group 2: 6.20pm - 7.30pm (Carine SHS)

Thursdays: Gp 1: 5.15pm - 6.15pm, Group 2: 6.20pm - 7.30pm (Carine SHS)

Saturdays: 3.30pm - 5.00pm (Craigie)

Want to be assessed prior to starting the new season sessions?
Speak with your coach for more information and squad progression!

Swimmers will be advised by their coaches prior to the end of November as to which Tues/Thurs Session they will move to.

All swimmers are required to arrive at the pool 15minutes prior to the commencement of their session. On arrival swimmers should find their coach and get their named recorded. Late arrivals will be unable to join the session.

Swimming Fees:

Swimming Fees for Summer 2012 will be \$275.00 for 5 months.

To make payment easier for Families we are offering payment in 2 payment blocks:

Block 1: November - January: \$165.00 (Due November 1st 2012)

Block 2: February - March: \$110.00 (Due February 1st 2013)

Sorrento SLSC Members paying the full five month block up-front will receive discounted fees of \$250.00 (\$25 saving).

Returning swimmers must complete the application form and return to us by November 1st.

Please hand your applications with payment receipt or cheque to the coaches or send application forms to us via email at h2ofitnessacademy@live.com.au or post to:

H2O Fitness Academy; 3 Bangor Place, Beldon WA 6027

Payment can be made by cash, cheque or EFT. EFT Internet Banking Transfer should be made to:

Account Name: H2O Fitness Academy

BSB: 066 160

ACC #: 1075 1962

Please put your Surname followed by equipment in the payment subject line.

Important Dates:

Saturday 3rd November - Summer Term Commences

Tuesday 4th December - 1st Session at Carine Senior High School Pool

Thursday 20th December - Last session before Christmas Break

Saturday 5th January - Swimming re-commences

Saturday 26th January - Public Holiday - NO SWIMMING

Saturday 23 February - Rottnest Channel Swim - NO SWIMMING

Saturday 16th March - SLSWA Junior State Champs - NO SWIMMING

Saturday 30th March - Swimming Wind-up and Presentations

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- General Fitness • Learn to Swim

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INFORMATION FOR OUR NEW SWIMMERS

(those that did not swim with us in Winter 2012)

The information contained below relates to swimmers that have not trained with us over the winter months but wish to join the swimming program between November - March.

New swimmers will start on **Tuesday 20th November 2012** where all swimmers will undergo swimming assessments and technique/drills training for a two week period. During this time new swimmers will only be able to attend the Tuesday and Thursday Night sessions.

From December 1st both programs will merge with three sessions on offer per week.

Swimming Times for November 2012

Tuesdays: 5.30pm - 6.30pm (Carine SHS)

Thursdays: 5.30pm - 6.30pm (Carine SHS)

Swimming Times for December 2012 - March 2013

Tuesdays: Gp 1: 5.15pm - 6.15pm, Group 2: 6.20pm - 7.30pm (Carine SHS)

Thursdays: Gp 1: 5.15pm - 6.15pm, Group 2: 6.20pm - 7.30pm (Carine SHS)

Saturdays: 3.15pm - 4.45pm (Craigie)

Catering for:

- Nippers (must have passed stage 8)
- Cadets
- Seniors & Masters (looking at competition training, fitness or stroke correction)

A more advanced senior coaching program is offered by our coaching team at different times - ask our coaches for more information

Swimmers will be advised by their coaches during the assessment period prior to the end of November as to which Tues/Thurs Session they will move to from December 2012.

All swimmers are required to arrive at the pool 15 minutes prior to the commencement of their session. On arrival swimmers should find their coach and get their names recorded. Late arrivals will be unable to join the session.

Swimming Fees:

Swimming Fees for Summer 2012 will be \$260.00 for 4.5 months.

To make payment easier for Families we are offering payment in 2 payment blocks:

Block 1: November - January: \$150.00 (Due November 20th 2012)

Block 2: February - March: \$110.00 (Due February 1st 2013)

Sorrento SLSC Members paying the full five month block up-front will receive discounted fees of \$240.00 (\$20 saving).

All swimmers must complete the application form and return to us prior to their first session on November 20th.

Please hand your applications with payment receipt or cheque to the coaches or send application forms to us via email at h2ofitnessacademy@live.com.au or post to:

H2O Fitness Academy; 3 Bangor Place, Beldon WA 6027

Payment can be made by cash, cheque or EFT. EFT Internet Banking Transfer should be made to:

Account Name: H2O Fitness Academy

BSB: 066 160

ACC #: 1075 1962

Please put your Surname followed by equipment in the payment subject line.

Important Dates:

Tuesday 20th November - Summer Term Commences (Modified Times)

Tuesday 4th December - 1st Full Session at Carine Senior High School Pool (Note training times)

Thursday 20th December - Last session before Christmas Break

Saturday 5th January - Swimming re-commences

Saturday 26th January - Public Holiday - NO SWIMMING

Saturday 23 February - Rottneet Channel Swim - NO SWIMMING

Saturday 16th March - SLSWA Junior State Champs - NO SWIMMING

Saturday 30th March - Swimming Wind-up and Presentations

SWIMMING EQUIPMENT

All swimmers will require the following equipment:

Goggles

Rubber Swim Fins

Swim Cap (for swimmers with long hair)

Drink Bottle

Kick Board

Pull Buoy (Later session only)

Please find included within the newsletter an equipment order form. Payment is required when ordering equipment.

We have included a discounted starter pack to assist swimmers who require new equipment.



Squad Application Form Summer 2012/13 (November – March)

Swimmer’s Info:

First Name: _____ Last Name: _____

DOB: _____ Age: _____ Gender: _____

Sessions attending: Tuesday Thursday Saturday

Membership to sporting clubs (please list): _____

Contact Details (All Fields are Compulsory):

Home Address: _____ Suburb: _____ PC: _____

Email Address: _____ Home Phone: _____

Emergency & Parent Contact Information:

Contact #1: _____ Contact #2: _____

Phone Contact: _____ Phone Contact: _____

Preferred Payment Method: Electronic Transfer Cheque Cash

Membership Type: Regular (5 months) Masters (Swim Card)

Participant Declaration and Medical History:

Conditions of Participation: In registering to participate I agree that:

- 1) I hereby declare that I am medically and physically fit to participate in H2O Fitness Academy Programs and will declare any medical/health/fitness or other concerns to coaches prior to beginning the program or prior to joining an individual session should a problem present itself during the season.
- 2) In the event of a storm, rain, inclement seas, winds or conflicting pool bookings or events the organisers of the event have the right to modify or cancel the program and the fee shall not be refundable. No refunds will be made available under any circumstances.
- 3) All participants and their families agree to respect the H2O Fitness Academy coaching staff at all times and will abide by the rules as determined by H2O Fitness Academy
- 4) I give consent for photograph/s taken of myself during participation can be utilised by H2O Fitness Academy for promotional purposes and displayed for public viewing.
- 5) I acknowledge that participation in this program is entirely at my own risk. I acknowledge that as a participant it is my responsibility to seek and secure all insurances I require to participate.
- 6) I acknowledge that it is the responsibility of the participant to carry all necessary medications including allergy medication and that coaches and H2O Fitness Staff can and will not administer medication.
- 7) I agree that in participating in the program I dissolve H2O Fitness Academy and its staff of any liability that may arise from my participation in the program or activities.
- 8) I agree to make payment within 14 days of the due date of payment. Payment can be made via EFT or in a sealed marked envelope. I understand that late payments will result in a \$10.00 administration fee.
- 9) I understand that should I require membership suspension that I will notify H2O Fitness Academy via email seven days prior to the last day of the month preceding suspension. Failure to do so will result in a \$10.00 admin fee.
- 10) I have read and understood the above information and am aware it may affect my legal and insurance rights

Participant Medical Information

Please list any medical information, allergies, injury’s that may be necessary for coaches/instructors to be aware of. This may include but is not limited to allergies, heart conditions, learning issues and previous surgery:

I _____ as a Legal Guardian / Participant (please circle)
agree to the above information and confirm that all information listed above is true and correct.

Signed

Full Name

Date

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Swimming & Fitness Product List

The products available on the order form attached are of high quality and are available at a cheaper rate than available to you at local sports stores and swimming pools. H2O Fitness Academy carry the line below to provide a quality product at reasonable prices to our swimmers.

Name: _____ Phone: _____

Address: _____

Email: _____ Date: _____

Total Purchase Amount: _____ Payment Method: Cash / Cheque / EFT

GOGGLES	H2O FITNESS ACADEMY PRICE:	QTY
Missile (Smoked)	\$25.00	
Dorsal (Tinted)	\$25.00	
Voyager Junior; Age 4 – 12 yrs (Tinted)	\$20.00	

TRAINING EQUIPMENT & ACCESSORIES	H2O FITNESS ACADEMY PRICE:	QTY
Silicone Swim Cap	\$10.00	
Kick Board	\$26.00	
Pull Buoy	\$22.00	
Pull Buoy Small		
Hand Paddles (Small)	\$13.00	
Hand Paddles (Medium)		
Hand Paddles (Large)		
Finis Hand Paddles	\$25.00	
Swimmers Snorkel	\$50.00	
Mesh Equipment Bag	\$19.00	
Swim Fins (3-5)	\$30.00	
Swim Fins (5-7)	\$35.00	
Swim Fins (7-9)	\$35.00	
Swim Fins (9-11)	\$40.00	
Swim Fins (11-13)	\$45.00	
Swim Fins (14-15)	\$45.00	

STARTER KIT (Orders and Payments required before 1 December 2012)	H2O FITNESS ACADEMY PRICE:	QTY
Junior: Jnr Goggles, Cap, Kick Board, Mesh Bag, & Drink Bottle	\$70.00 (\$80.00 value)	
Senior: Dorsal or Missile Goggles, Cap, Kick Board, Pull Buoy, Mesh Bag & Drink Bottle	\$95.00 (\$107.00 value)	

If stock orders are required you will be contacted via phone when order to ready for collection. All payments must accompany the order form and no equipment will be provided without full payment of goods.

To place your order: email this page to h2ofitnessacademy@live.com.au or hand to your coach on pool deck.

Payment is required and can be made by Internet Banking Transfer to Account:

Account Name: H2O Fitness Academy
 BSB: 066 160
 ACC #: 1075 1962

Please put your Surname followed by equipment in the payment subject line.

OFFICE USE ONLY:

Name: _____ Invoice Number: _____

Date Order Received: _____ Date Order Purchased: _____

Date Order Delivered: _____ Back Order Requirement: _____

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