The 2019 Ripples Water Safety Roadshow visited over 3,000 children in Pre-schools, Before & After School Care, and Primary Schools. Since 2012, Ripples Leisure Centre has been providing local schools with water safety education.

We believe that teaching children from a young age about water safety not only has a positive influence on their lives but those of their family and friends as well. Water Safety education encompasses all water environments and the dangers they present. This presentation results in children building confidence and respecting the water.

Ripples advocates the message SWIM, SAFE, SURVIVE! we want every child to embrace this message. We are confident each student took something important out of the presentation that could one day save their own or someone else’s life.

Our Pre-schoolers got to experience Ripples’ new story where Ollie the Octopus, Patti the Platypus and Mamma Sally the Seahorse reminded them all of the pool safety rules before introducing the bath safety rules.

During the primary school Roadshow the children learn and share their knowledge on different types of water experiences such as the beach, pool and lake, as well as water hazards inside and outside of the home. This leads onto discussions about how we can remain safe and provide a safe environment to others especially the younger family members.

It’s then time for some hands-on fun, trying on different sized lifejackets and identifying how they should fit and what to do in an emergency when the lifejacket available doesn’t fit. The next section of the Roadshow causes the most thinking and laughter as we learn, trial, problem solve, re-try and work out the most effective methods of rescues while maintaining our own safety.

A lot of fun was had while learning extremely important skills for life.

At Ripples we like to capture and expand the fun of learning and also recognise we all learn differently which brought the introduction of Phase 2 of the Roadshow...
Phase 2 of Ripples Water Safety Roadshow is the invitation for students to visit the St Marys Leisure Centre. Recognising practical experience as an essential part of the learning process led the Ripples Learn to Swim Team to implement this exciting new step. Every student was invited with their family to attend a 30 minute FREE Water Safety Session in the pool with our amazing Ripples AUSTSWIM qualified teachers.

What a spectacular time it turned out to be with over 70 children attending each Wednesday night between 4pm and 6.30pm. The children were able to experience water play in shallow water helping everyone to feel comfortable and become relaxed and familiar with the water. The teachers used this time to practice the pool safety rules while pointing out lifeguards and safety points.

Once the singing began, the children helped make a whirl pool to create the feel and effect of a rip. The children then practiced how to exit the rip safely while maintaining their energy.

After this, the water safety program travelled to the learn to swim area of the pool where fall ins and rescues were practiced as well as some foundation skills such as floating, breath control and body movement.

September saw some of our teachers attend a professional development day with Laurie Lawrence and Emma Lawrence to focus on the transition between parent and child lessons to lessons with just the children in the water. At Ripples we appreciate the big step, ensuring a smooth and relaxed transition is a key aspect of our Octopus class. We want all our swimmers to enjoy trauma free swimming lessons and we strive to maintain up-to-date techniques in order to achieve this.

Parent and children classes offer so much: bonding, valuable 1 on 1 time without interruptions, social interaction for not just our babies but parents as well, enables parents to gain water education and to be a part of the swimming journey. Parents/carers, Ripples Learn to Swim says thank you for your dedication to becoming the most outstanding assistant teachers we could ask for. Your amazing work sets the foundation for our teachers to work from when you step out of the water and entrust Ripples award winning teachers with your children to continue the building blocks of learning to swim.
## Save the Date

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### Breast Cancer Awareness Month

**Mini Carnival & Christmas Party**

- **21st October 2019**
- **to 27th October 2019**

- Safety Week
- Raffle
- BBQ
- Swim-a-thon
- 90min Aqua Class
- Group Exercise Session

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**BREAST CANCER AWARENESS MONTH**

**PINK UP’ OCTOBER**

JOIN US!

#pinkupoctober

**Mini Carnival & Christmas Party**

Coming in December

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FOLLOW US ON:
Instructor Profile

Name: Belinda
Nickname: Belle
Favourite colour: Pink
Worst habit: Bad time management
How long have you been teaching? Nearly 7 years
What is your favourite thing about teaching? Watching students have fun as they learn and their improvement over time

What three traits define you? Loyal, giving, and trustworthy
What’s the one thing you couldn’t live without? Chocolate
What is your dream travel destination? Alaska
What is your favourite movie and why? None— I always fall asleep
What do you like most about Ripples? The amazing opportunities that can be discovered / provided.

Instructor of the Block

During each block all Ripples Learn to Swim Instructors are asked to watch and vote for a fellow instructor they feel deserves the award of Instructor of the Block. Demonstrating appreciation and value of the instructor and the effort, passion and time they put into their class, students and team.

Block 3 saw Alyssa receive the award for always having a positive attitude and is willing to take on any task which has enabled her to flourish as an instructor.

Congratulations Alyssa!

Pink up October is on its way and Learn to Swim has decided to run a Swim-A-Thon again after last year’s major success for the farmers.

What is the Process?

1. Collect a Swim-A-Thon card from reception after 7th October 2019
2. When talking to family and friends, ask them to sponsor you. They have 2 options:
   • A $ amount for doing the event
   • An amount per lap (eg, 5 cents)
3. During your lesson in the week of 21st October to 27th October you will spend half the time practicing your safety skills and finish the last half of your lesson swimming as many laps as you can. MORE LAPS = MORE MONEY!!
Did you know that NSW health Department protocols state the pool must remain closed for a set period of time if there has been an incident including faecal or vomit accident.

In the interest of public health and safety we ask all swimmers to make sure of the following to avoid accidents and pool closures.

- Go to the toilet before entering the pool and classes and frequently during your visit.
- 0—3 year old's and all NON TOILET TRAINED PATRONS must wear a waterproof aqua nappy or pants.
- Allow adequate time for your child to be toileted.
- Do not swim if you have had diarrhoea in the past two weeks.
- No normal nappies will be allowed in the water, only swimming nappies.
- You will be asked to leave the water if appropriate swim attire is not worn.

Please see reception to purchase an approved swimming nappy now.
ENTRY & SUPERVISION POLICY

Children 0-5 years and Non-Swimmers
MUST wear a wristband issued by reception and be within arm’s reach of an adult (over 18 years) at all times.
If you cannot reach your child, you’re too far away!
Unsupervised children will be removed from the pool by the lifeguards.

Children Aged 6-11 years
MUST be actively supervised by an adult (over 18yrs) while in the pool area of the centre at all times with their view unobstructed.

Children 12 years+
Permitted entry without being accompanied by an adult however Ripples strongly recommends parents/caregivers regularly check up on their child/children.
Ripplet of the Week

Colouring-in Competition Winners
SWIM SCHOOL TIMES
Kid Zone

Crack the code...

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26
A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

Answer: Always swim between the flags!

Identify these items...

___ C___
B ___ ___ C ___

B ___ ___ C ___
___ W ___ L

S ___ ___ D
___ U ___ ___ E ___

S ____ L____

___ T

U ____ R ____ L ____

FOLLOW US ON:
Name:

Age:

Colour in and return this page by **20th October** to be in the draw to win a prize.