

The Paragon Times

June 2008

Volume 3, Issue 1

Winter Tips

Holiday Swimming Lessons

**5 Intensive Lessons
over 5 days.**

Dates:

**Monday 14th July -
Friday 18th July**

Cost: \$45.00

**Times:
Classes are 30 minutes and
run between 2.30pm and
5.00pm**

Bookings Essential

Yes its Winter!!

That's no reason to stop swimming, in fact this is the most important time to keep swimming.

Things to think about:-

1/ Children don't swim outdoors much in winter so therefore it is the ideal time to consolidate on their skills before they need them.

2/ Children need continuity to make the skills they are being taught a permanent habit.

We know its cold outside that's why it is important to rug up as soon as you get out of the pool. Please make sure you wear a hat and long sleeved and long legged clothing. Even if you don't change out of wet bathers it is better to cover up with warm clothes to keep the body heat in.

If children are sick, please don't bring them to lessons just call us before the lesson and we can give you a reference number so that

you can organize a catch up lesson.

Sometimes illness can be easily transferred onto other children and the instructors. Already this term we have had a number of staff absent due to illness and we have had to find relief instructors to cover their lessons. We are all human and susceptible to illness.

So please be understanding if your instructor isn't there. Thank you

Bookings For Term 3 2008

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Deposits are now due for Term 3.

How to book in for the following term:-

1) Pay \$10.00 (min) deposit Per child (or full amount) to guarantee a place in the class. **Deposit must be paid by 29th June 2008**

2) There will be 10 lessons in Term 3.

Term 3

Starts Monday 21st July 2008

Finishes Sunday 28th September 2008

Please note last day of Term 2 is
Sunday 6th July 2008

**NB: Deposits are non-refundable
after the first lesson of the new term.**

Cost of 10 Lessons paid

Upfront: \$116.00

Cost of 10 lesson by

Installments: \$130.00

(Minimum of \$14/wk)

Missed Lessons

If your child is unable to attend a lesson you must inform us prior to commencement of that class. You can then use that lesson as a make up in the same term or family fun pass. You can only use your make up's in the following term if your child is booked into classes and paid for.

Please note that Missed Lessons can also be transferred into 2 Hydrocise Sessions.



Patient Parents Required

The following is an excerpt from Swimming Matters Issue 11 Autumn 2008

Learning to swim is as least as difficult as learning to walk, can take as much energy as running and has a whole new breathing

pattern. Just look at the time and energy a child puts into crawling, taking those first wobbly steps and eventually running. They practice every day, hour after hour. In fact, the more you think about the amount of swim practice

many children have its no wonder so many people never become efficient swimmers.

A satisfactory swimming education require committed patient parents too!

EFTPOS AND CREDIT TRANSACTIONS

Unfortunately we are unable to continue absorbing the cost of providing the EFTPOS and Credit Facility so from the 1st July 2008 a surcharge will be introduced all EFTPOS (savings

and cheque) transactions and American Express will be charged 2.27% on top of the original purchase price. All Credit (visa/mastercard) will be charged 1.75% on top of

the original purchase price. All cash transactions will incur no surcharges or fees.

We apologise for any inconvenience caused.

Swimmers of the Term

Congratulations to the following students who have been chosen by their instructors as Swimmers of the Term.

~ Henry Ravensteyn ~

~ Aysla Lavery-Brook ~

~ Cameron Byrne ~

~ Tony Dinh ~

~ Tyler McCue ~

~ Felicity Manfredi ~

~ Alisha Langley ~

~ Connor Oxland ~

~ Nicola Schroeder ~

~ Domenico Zappia ~

~ Tia Earle ~

~ Taylor Lupp ~

~ Amber Roshkov ~

~ Dominic Piantadosi ~

~ Jessica Johnson ~

~ Ilona Timko ~

~ Alexander McCulloch ~

~ Dion Treloar ~

~ Quinn Carmody ~

~ Jessica Russell ~

~ Daniel & Nadia

Marcorella ~

~ Josh Marchant ~

~ Max Speyer ~

~~~~~

## Around the Pool

For Hygienic Reasons it has been requested by clean up staff that the following foods are controlled.

Grapes Sultanas  
Popcorn

These foods are extremely difficult to clean and get caught up in the mats and in the skimmer baskets.

Please attempt to make sure that these and other foods are not dropped

onto the floor.

We thank you for your cooperation

### NAPPIES

Also as a matter of Hygiene could all nappies that have "packages" in them be put into nappy bags and sealed off before placing them in the bins provided.

We appreciate your help in this matter.

### SAFETY ISSUES

In the interests of safety it is requested that parents and children do not enter the water (pool) or sit on the side/steps before the start of their lesson and must exit the water (pool) at the end of their lesson.

Thank you

PSC Management

Dear Parents...  
At the Paragon we appreciate your feedback and suggestions. We are always ready to grow and improve our performance. We would also love to hear when you're happy with us. Please feel free to have a chat with our staff, anytime.

# If you use us then we can use you!

Volume 3, Issue 1

This page is dedicated to patrons of the Paragon Swim Centre and those businesses that we would highly recommend.

**Top Quality Services**

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Times please contact Tiffany on

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**Brock**  
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We would like to thank Cousins Garden Supplies for their generous donation to Modbury Rainbow Club Inc.

Schedule of Events

- End of Term 2 Sunday 6th July 2008
- Holiday swimming lessons. Start on the 14th July and finish on the 18th July.
- Term 3 Starts on Monday 21st July 2008 Discount Period lasts for the first two weeks.
- Term 3 Finishes on September 28th 2008.

| Mon                                                     | Tues | Wed | Thur | Fri | Sat | Sun             |
|---------------------------------------------------------|------|-----|------|-----|-----|-----------------|
|                                                         | 1    | 2   | 3    | 4   | 5   | 6 End of Term 2 |
| <b>Last Day to Pay Deposits for Term 3.</b>             |      |     |      |     |     |                 |
| 7                                                       | 8    | 9   | 10   | 11  | 12  | 13              |
| <b>School Holidays</b>                                  |      |     |      |     |     |                 |
| 14 Holiday Lessons Begin                                | 15   | 16  | 17   | 18  | 19  | 20              |
| 21 Term 3 Begins                                        | 22   | 23  | 24   | 25  | 26  | 27              |
| <b>Discount Period during first two weeks of Term 3</b> |      |     |      |     |     |                 |
| 28 Wk2                                                  | 29   | 30  | 31   |     |     |                 |

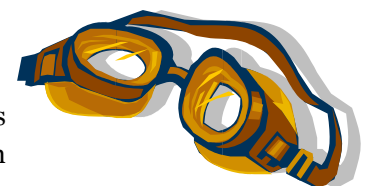
August 2008

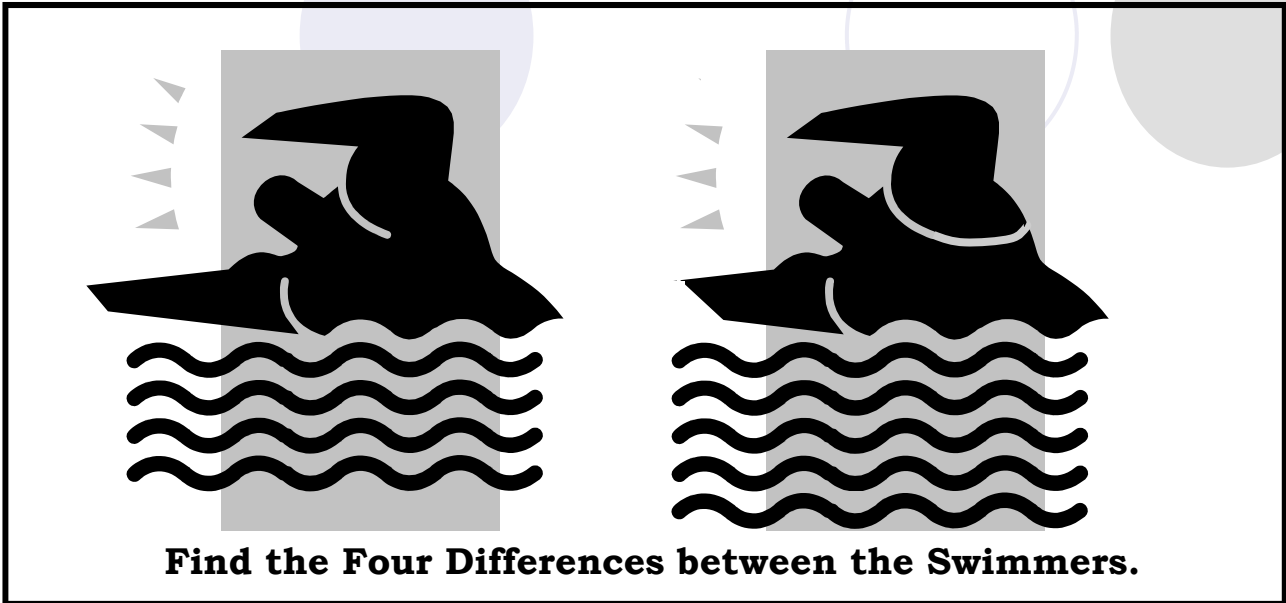
| Mon                                                       | Tues | Wed | Thur | Fri | Sat | Sun |
|-----------------------------------------------------------|------|-----|------|-----|-----|-----|
|                                                           |      |     |      | 1   | 2   | 3   |
| <b>Last Day to receive discount is Sunday 3rd August.</b> |      |     |      |     |     |     |
| 4 Wk3                                                     | 5    | 6   | 7    | 8   | 9   | 10  |
| 11 Wk4                                                    | 12   | 13  | 14   | 15  | 16  | 17  |
| 18 Wk5                                                    | 19   | 20  | 21   | 22  | 23  | 24  |
| 25 Wk6                                                    | 26   | 27  | 28   | 29  | 30  | 31  |

Swimming Equipment

Goggles and Equipment care. Please note that a lot of the new goggles designed today are only meant to be rinsed clean, not rubbed. If they are rubbed it affects the anti-fogging agent that is on the lens.

Swimming Hats should be dried inside and out with a towel then lightly powdered with talcum powder to prevent it from sticking together. Both Hats and goggles should not be left out in the sun or left in the car as heat can damage them both.





**Find a word**

*Did you know.....*

|   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| G | O | L | Y | M | P | I | C | G | A | M | E | S |
| O | A | G | R | B | A | R | C | E | L | O | N | A |
| L | A | T | D | F | T | S | N | M | E | A | N | Y |
| D | S | W | H | A | L | D | F | G | R | B | E | S |
| K | J | S | H | E | A | M | T | A | F | E | C | E |
| D | F | Y | E | W | N | S | Z | A | S | I | R | O |
| E | O | D | O | M | T | S | N | E | D | J | E | U |
| H | C | N | S | A | A | G | L | I | L | I | V | L |
| A | I | E | O | P | C | E | O | M | J | N | L | U |
| E | X | Y | B | X | G | E | Y | Z | B | G | I | U |
| L | E | I | F | N | I | C | K | Y | T | I | S | O |
| A | M | E | A | E | Z | N | O | R | B | E | M | F |
| U | S | S | I | C | H | E | T | L | G | O | R | N |
| Q | O | A | R | E | N | R | U | O | B | L | E | M |
| L | O | Y | R | E | H | A | F | I | S | N | H | L |

*That Great Britain was the first country to issue postage stamps on 1 May 1840. Hence, UK stamps are the only stamps in the world not to bear the name of the country of origin.*

Find the missing word that is listed but not lost.

- |           |             |               |        |
|-----------|-------------|---------------|--------|
| Athens    | Bronze      | Melbourne     | Seoul  |
| Atlanta   | Gold        | Mexico        | Silver |
| Barcelona | Greece      | Moscow        | Sydney |
| Beijing   | Los Angeles | Olympic Games | Tokyo  |

The Answers to Find the Differences:  
 1/ One splash missing  
 2/ Line under arm longer  
 3/ Extra Wave Line  
 4/ Left Arm Shorter



# PARAGON SWIM CENTRE

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Modbury SA 5092

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## Modbury Rainbow Club

At the Modbury Rainbow Club we are always looking for support from our local community. If you feel you would like to help us expand our club you can by making a donation. You can donate items for prizes or you can make a tax deductible donation.

We are always grateful for support and your help means we can help even more children. So please if you can, support this worthwhile cause and help us put a smile on another child's face.

Also we are selling Entertainment Books to help raise funds for our club and we are doing a bulb fundraiser.



### Around the Pool Deck....

Please keep children away from the edge of the pool during lessons. It can be distracting for children who are swimming and dangerous if they fall in. We would also appreciate it if the walkways are kept free from bags, prams and people to make it easier for everyone to get to and from their lessons. Students and parents are not permitted to enter the pool until asked to do so by their instructor. Lastly, once you have had your children checked off for their lessons please move from reception desk to ensure it is not blocked to the other families checking in. We thank you for your help and understanding with these matters.

## Family Update

### Family Update

Well it was no surprise that at the end of last term we had about 20 families (out of 900 families) that had forgotten that swimming had finished the week before. Fortunately for them the camera was at home!!

I can't believe we are at the end of another term. I even was ahead with the newsletter during week 4 but somehow lost track of time and here I am again trying to type quickly so I can get it out to you again. Well Week 9 is upon us and as you know the term will be ending soon. If you wish to take a term off please let reception know as soon as possible so we can organize for any students on reserve that we have lessons available for them. Also if you wish to change days Term 3 is probably the time to do it as we generally have a slight reduction in numbers.

I would like to welcome some new staff members to the Paragon Swim Centre Family, they are Matt, Jessica, Jody, Dianne and Jackson. I am sure you will

either have already seen them or will see them soon.

It has been a very trying term this term. Work has been challenging to say the least, Hubby and I hardly see each other as he now does just about every closing shift, so we tag team in the afternoons before he comes to work. The children have to put up with grumpy mum who has been up since 3.45am and just wants to hit the pillow. I find it extremely difficult trying to do readers for Zane and Wyatt and then stop Larissa and Corbin from butting in when I am doing them. There are some nights where I read four stories and then there are some when I don't read any ( I know I am a slack mum but hey remember 3.45am!!) I am definitely becoming Mum's Taxi for Kyle, piling the kids in the car to pick him up from Squad Training, taking him to Debating at Pulteney Grammar (long drive from Angle Vale that's for sure), fortunately for me Mum lives close and I am good at being on the favour trail!! So

she gets to babysit 4 kids while I have the long drive to the city... Yay for me!

Zane is now studying Music on the weekends with a dear friend of mine, it has completely changed his world. I never thought something so simple as music could be so helpful, but he is doing so much better at school because of it. Wyatt wants to learn aswell so he is teaching himself, Corbin just bangs on the keys of the organ and sings his own songs, loudly I must say, and Larissa just wants to play all the keys at once. So now our house is filled with noise of children yelling and music playing, just glad we built on a big block of land and went with the thicker insulation for sound!!

Well that's it for me got some End of Financial year stuff to get ready for the accountant! Take Care

And Happy Swimming!!

Tracy, PSC Manager.