

Thank You For Participating



MS Mega Swim: (left to right) Daniel Clark, Stephen Kenna and Jonathan Craig.

Thank you to everyone who participated in our annual Customer Service Quality Survey. The survey was again run this year with all members who have provided email addresses sent a link to complete the survey on line. A number of surveys were still undertaken at the Centre so the number of respondents was very high this year. This feedback provides the basis for our Business Planning each year to ensure we continue to meet the needs of our patrons. A summary of the results will be published in our Spring newsletter.

If you would like to provide or update your email address to ensure you receive prompt communication and help the environment, please email enquiry@nunawading.aqualink.com.au with your name and membership number.

In March, we hosted an information session for members about the signs and symptoms of stroke. A speaker from the Stroke Foundation provided some valuable information for those who attended. We will be hosting another member information session on Wednesday 23 June 2010 by

provisional physiologist, Rhianna Perkin on the topic of Body Health equals Better Mental Health.

I wanted to thank all of the staff and teams who participated in the MS Mega Swim in April. This event was held to raise money for people living with MS. Teams were required to swim for 24 hours – the Aqualink Nunawading team clocked up over 70 kilometres and the event raised \$9305 for this cause.

Funds raised from the 24 Hour Mega Swim supports the Go For Gold Foundation which provides scholarships to people living with Multiple Sclerosis to aspire and achieve to the best of their ability. It also contributes to financial assistance programs to provide direct and immediate support for people living with MS. This was our first year running the event and we are anticipating that the event will continue to grow each year.

As part of our commitment to improve our facilities we will be

undertaking some work on the leisure pool toilets and change cubicles. The leisure pool change area/toilets, showers and sauna and steam facilities will be closed from Monday 7 June for these works. It is anticipated that the works will take approximately 6 weeks to complete. Our sauna and steam members will be able to use the sauna and steam facilities at Aqualink Box Hill whilst the works are undertaken.

Each year we endeavour to undertake a number of projects to improve the products and service to you our members. Details of next year's works will be provided in the Spring newsletter.

Anita Williams
Acting Centre Manager

Move to Cover Music



There have been recent changes in the licensing fees for music played in fitness centres by the Phonographic Performance Company of Australia (PPCA).

The current PPCA license fee is 96.8 cents per fitness class with a capped annual maximum of \$2,654. In a lengthy Copyright Tribunal hearing, it was determined to increase the fees substantially, to either \$15 per class or to \$1 per participant,

which equates to an increase of 1,500% for the cost of a PPCA license in a typical fitness centre.

With over 65 classes a week on our timetable, the fee payable by Aqualink Nunawading to use copyrighted music would be somewhere in the vicinity of \$50,000 per annum. This fee would impact our business and services to our members significantly.

To ensure that membership rates and group fitness fees are kept to an affordable rate, many fitness centres have chosen to use music that is free of PPCA copyright (commonly known as cover music). You will have noticed from 1 June the introduction of cover music

tracks being used in all of our group fitness classes with even Les Mills already developing a product that is PPCA copyright free for all their classes.

At this stage, we believe this PPCA copyright fee does not affect music played in the gym and only affects music used for group fitness classes.

Members Information Night
Wednesday, 23 June

6.30 - 7.30pm

Good Body Health equals Better Mental Health

Speaker - Rhianna Perkin,
provisional physiologist

WHAT'S INSIDE

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The secrets of motivation



Research shows that 50 per cent of people who start an exercise program drop out within six months.

That's because the most common reasons given for exercising – “My boyfriend says I should lose five kilos; “My doctor keeps bugging me about it” – have very little to do with you, says Dr Edward Deci, a professor of psychology at the University of Rochester, US, who studied motivation for decades. Curing the motivation problem is at the crux of a theory developed by Dr Deci and his colleagues called Self Determination Theory (SDT). It boils down to this: the more you do stuff you like to do, not what you think you should do, the more you'll keep doing it. Experts say these three subtle shifts in your outlook can keep you on track.

Members Information Night

On Friday 26 March, we held our first Members Information night on Stroke.

A guest speaker from the Stroke Foundation informed members of the important symptoms and signs of stroke for people to be aware of.

The National Stroke Foundation have a campaign to grow awareness of the signs of Stroke asking people to “Think F.A.S.T”

For more information on Stroke please go to the National Stroke Foundation website at

Step 1 - Take Charge

Appoint yourself CEO of your fitness decisions.

Don't let well-meaning friends force you into a fitness regime you won't adhere to. People who feel they are making their own decisions report feeling higher levels of self-worth, and that leaves them feeling more motivated. Ask yourself why you want to exercise at all. If you decide to get fit because you want to feel stronger or healthier, you're more likely to succeed, because the end result means something to you.

Next, find a form of exercise you enjoy so much you'd do it even if it weren't good for you. If the mellow vibe of yoga brings you bliss, roll out a mat. If swimming laps tickles your fancy take out the swim membership or enrol in lessons. Perhaps most important: if you truly despise a form of exercise, don't do it. If you're invested in what you're doing, your performance will improve – that will feed your desire to go back for more.

If you honestly can't equate exercise with fun, flex your take-charge muscle by setting specific goals. Working your way up to three no-cheating–allowed push ups, finishing

www.strokefoundation.com.au.

We would like to thank the National Stroke Foundation and Jennifer Evans for coming to speak to our Members about Stroke.

Members had a fantastic time at the information night. With tea and coffee provided at the end of the session, Members had the opportunity to ask questions and socialise.

Why don't you attend our next Members Information Night on the topic Better Health equals Better Mental Health?

your first 5km run. Whatever your goal, it can help you stay motivated for the short term (and the long).

Step 2 - Give yourself props for progress

The problem: when it comes to working out, women are notorious for seeking a comfort zone. Once we master a new skill (like holding plank position for 60 seconds or running at a 10 minutes 2km pace), we stick with it because, we know we can do it. But it also impedes progress and breeds big-time boredom.

The solution: mix things up and push yourself. Changing the intensity and type of exercise trains the muscles differently, and you'll start to see improvements more quickly, for example increase the weight you're lifting and the number of reps and sets by 10 per cent every week. The same goes for your cardio – increase the amount in 10 per cent increments each week. Do this for three weeks, and then drop back down to where you started on week one to let your body rest.

Next, write everything down. A workout log functions not only as an exercise checklist

but as a concrete record of how far you've come – a way to motivate yourself if you become frustrated. And don't compare yourself to anyone else. Once you start focusing on you, your confidence will grow and ignite a cycle of positive reinforcements that will keep you hooked.

Step 3 - Make it social

Start by finding like-minded workout buddies and create a congenial atmosphere, rather than a competitive one, this helps people stay motivated by providing a source of encouragement. Get to know a few of the gym instructors, even if your relationship is limited to giving you pointers on form. You already have what you need within you to stay motivated and achieve your goals, it's just a matter of tweaking your perspective so you can tap into what really gets you going.

Ref: Australia Women's Health January 2010 edition, Pg 104 - 108

Member Lockers

Please close the door when you are finished with the locker.

Close the safety pin up when finished with it so it doesn't injure the next person using it.

Please don't leave rubbish in or on top of the lockers – there is a bin in the gym and at the café for you to use.

From time to time we do replace tags and safety pins – if you notice something missing or broken please let reception know and we will fix it as soon as possible.

Thank you for your assistance.

The FAST test is an easy way to remember the most common signs of stroke:

FACE

Check their face. Has their mouth drooped?

ARMS

Can they lift both arms?

SPEECH

Is their speech slurred? Do they understand you?

TIME

Time is critical. If you see any of these signs, call 000 now!

How to Help Someone in a Wheelchair



My name is Helen Houghton and I have been coming to the gym at Aqualink Nunawading for over five years.

I really enjoy my time here and I do a regular gym program twice a week and a personal training program once a week. Some people at the Centre may have seen me wheeling up and down the ramp that leads down to the swimming pool. Many have stopped to chat, or have asked me if I needed help.

I really do appreciate the interest and I love to talk to people. But, one problem I have is with people who come up unexpectedly behind me and grab my wheelchair handles and start pushing me along in front of them. This could result in frustration and more seriously, possible injury to both me and the person attempting to push me so I have decided to write about why I do this activity in the swimming pool area.

I cannot walk, so use a wheelchair permanently. The only way I can get vigorous and meaningful exercise is to concentrate on strengthening my arms and upper body and the best way to do this is doing laps on the ramp. I try not to distract or impede anyone around me, and when others use the ramp, I stop and move to the side.

I don't mind people asking me if I need help. Most people who have done this will be aware

that I always politely refuse assistance. I decline help because even though I may look exhausted at times, I do need to wheel myself up and down at least 12 to 15 times in order to achieve a vigorous exercise session.

If I don't keep persisting in pushing myself in difficult areas, such as steep ramps, I will not be able to keep fit. Keeping fit is much harder when you use a wheelchair.

If I seem stressed or ungrateful, I certainly do not mean to be. The only times I may need help is if I have become stuck or even worse, fallen out of my wheelchair! In that case by all means, come up and offer me help.

I do understand people's wish to assist and realise that people mean well in their offers to help. It all comes back to good communication. If you ever see me at the Gym and are not sure what to do, don't look puzzled, come up and talk to me and ask me all the questions you like about my disability. I will be only too happy to have a chat and I promise, I do not bite! I am just like everyone else at the gym who loves to exercise.

People with disabilities, need as much independence as able-bodied people do and like to enjoy doing exercises in any capacity they can. I believe we can all coexist happily together.

Helen Houghton
Aqualink Nunawading Member

To receive this newsletter electronically, please notify reception staff or email enquirynunawading@aqualink.com.au

Donations to Charity Bins

Donations to charity bins are a vital source of material, diverted from the waste stream and used for the benefit of the community.

Southern Cross Recycling is responsible for the collection and sorting donations from the charity collection bins located in our carpark.

What happens to your donations?

- Shop quality garments are sold by charities (such as Australian Red Cross & Kidney Health) via their retail shops to raise funds for their community services.
- Clothing that charities are unable to sell is sent to charitable institutions in developing countries such as Africa.
- Unusable material is sent to sheltered workshops, here in Australia where it is cut into cleaning rags, providing work for the disabled.

Donating your unwanted clothing not only fosters local employment but at the same time lightens our environmental footprint by minimising

waste and saving our natural resources.

For example, when both collection bins are full they hold approximately 400kgs of donations which equates to the following:-

- Funds made by Charities - \$720.00
- Number of work hours created - 12 hours
- Volume of water not used- 120,000 litre
- Amount of electricity not used- 31,200 kWh
- Reduction of greenhouse emissions- 31,200 kg of Carbon Dioxide
- Raw materials not used- 1000 kgs

Charities are always seeking good quality wearable clothing, footwear and manchester as well as accessories such hats, scarves, belts, gloves, handbags etc. As we are approaching the colder winter months coats, jackets and knitwear is always in demand by those less fortunate.

We would like to sincerely thank everyone for your support and generosity of this valuable community service.

Our staff recognised

At the 2010 Victorian Aquatic and Recreation Awards, three of our staff members are nominated for industry awards.

Alysha Stevens - Gym Instructor/Personal Trainer Award.



Alysha Stevens, Gym Instructor & PT

Sue Summers - Customer Service Officer Award.



Sue Summers, Customer Service

Bronwyn Lyon - Duty Manager Award.



Bronwyn Lyon, Duty Officer

The awards will take place on Friday 28 May and we wish all three staff members the best of luck in their respective categories.

Have you tried our CHILL ZONE during the School Holidays?



It may be cold outside, but our pools are heated and there's heaps of **FUN** things to do.

Every weekday during the school holidays



28 June to 9 July
12.30 - 3.30pm



● Large Inflatable ● Small Inflatable ● Tarzan Rope and Lots more **FUN**

Just Swimming Nunawading



LEARN TO SWIM IN THE SCHOOL HOLIDAYS

Just Swimming is now taking bookings for their June/July School Holiday Swimming Program.

The program incorporates both learn to swim and water safety which involves a 5-day intensive program of swimming lessons.

While swimming lessons are not a substitute for proper pool barriers and proactive supervision, being able to swim well provides an extra layer of protection; and enhances physical, social and emotional development.

Week 1: Monday 28 June – Friday 2 July 2010

Week 2: Monday 5 July – Friday 9 July 2010

TERM 3 SWIMMING LESSONS

The term swimming program offers children or adults the opportunity to develop awareness in the water, stroke technique and improve water safety skills.

Term 3 enrolment day for new customers is Thursday 1 July 2010 and can be made at the Just Swimming reception area or by phoning 9878 7055.

Term 3 Dates:

Monday 12 July - Sunday 19 September 2010

For all bookings, contact Just Swimming Nunawading on 9878 7055.



Nunawading Swim Club Number One



At the recent 2010 Australian Championships, Nunawading Swimming Club won the Australian Champion Club trophy for the second year in a row following outstanding swims by the large Nunawading team.

Leisel Jones and Sarah Katsoulis were both selected to represent Australia at the Pan Pacific Championships and Commonwealth Games later in the year.

The Club also performed well at the 2010 Australian Age Championships, held in Sydney in April, with Nic Groenewald winning 3 gold medals. While any medal at these Championships is an outstanding effort, Nicholas is only 12 years old and will compete in the same events next year.

The club finished in 9th position overall.



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