



GRACE SWIMMING

# NEWSLETTER

## TERM 3 2022

Hi Grace Families,

Well done on a great term of swimming so far! We have seen some amazing progress across all levels - well done, swimmers!

**REMINDERS:** Remember, there are **MORE TOILETS, SHOWERS & CHANGEROOMS** at the end of the 25m pool.

**HELPFUL HINTS:** Have you watched our Helpful Hint videos? They cover FAQ, drills & exercises to try at home and more! Head over to the website and have a watch!  
[graceswim.org.au/helpfulhints](http://graceswim.org.au/helpfulhints)



## WHY TO WEAR A SWIMMING CAP

- ◆ Advantages include: No hair in your face when you're swimming, less drag in the water, keeps your goggle straps in place.
- ◆ Options include: Fabric - Easier to put on but doesn't keep the hair dry. Silicone - Can take a bit of practice to put on but keeps your hair dry if put on properly.
- ◆ If you can't manage a cap, long hair must be tied up so it doesn't get in the child's face while they are swimming.

## INSTRUCTOR SURVEYS

In week 4 you should have received an email from us with the subject "Instructor Surveys". If you haven't, we can email you a copy to your chosen email address - head to the kiosk if you would like to receive this email.

**We would love to hear your feedback. It's a short survey with just a few questions.**

**Thank you to everyone who has already given us feedback.**

In addition, always feel free to chat to your Instructor, or to Andrew and Jaime if you have any feedback or queries.



## ARE YOU LOOKING FOR WORK?

We are looking for reliable, passionate, and enthusiastic people to join our team of swim instructors on a casual basis, with the opportunity of permanent for the right person.

**FIND OUT MORE OR APPLY:**

[graceswim.org.au/employment-opportunities](https://graceswim.org.au/employment-opportunities)



## GRACE SWIMMING CLUB Are you interested in competing?

Grace Swimming Club runs Club Nights every Wednesday evening in the summer terms (Term 4 & Term 1). These are a great opportunity for children of any age and ability to have a go at racing and get involved in the community and team spirit of the Club.

There are races as little as 12.5m and Senior Club Swimmers can even hop in the water and assist them if they'd like.

If you'd like to trial a Club Night, you need to arrange it with the Registrar: [registrar@graceswim.org.au](mailto:registrar@graceswim.org.au)

After this, if you'd like to continue swimming at Club Nights, you will need a Club Membership. This can be done online via Swim Central: [swimcentral.swimming.org.au](https://swimcentral.swimming.org.au)

There are 2 types of memberships:

- ◆ Recreational: Competing at Club Nights only
- ◆ Competitive: Competing at Club Nights and at external meets

For any inquiries, speak to our friendly kiosk staff or head over to: [graceswim.org.au/swimmingclub](https://graceswim.org.au/swimmingclub)