

# Streamline

Monash Sport Learn to Swim and Squad Newsletter Term 3 2009

Doug Ellis Swimming Pool  
Monash University  
Wellington Road, Clayton  
Tel: 9905 4115  
Fax: 9905 4104

Opening hours:  
Monday – Friday  
6.30am – 8.00pm  
Saturday  
8.00am – 6.00pm  
Sunday  
9.00am – 6.00pm

## ASCTA Conference and Swim Australia Award

At the Australian Swim Coaches and Teachers National Conference held 28 April - 5 May, Monash Sport Swim School received the Swim Australia Outstanding Community Service award for their support of remote communities in Northern Queensland.

Previous recipients of this award include the Laurie Lawrence 'Kids Alive do the 5" program and the Aquatics and Recreation Victoria "Play it safe by the water" campaign.

Currently Monash Sport support remote communities by supplying them with equipment and swimming gear. The aim is to grow this support program to include sending our staff to assist the running of intensive swimming and water safety programs and aid these remote communities in any way we can.

Swim Australia is a division of the Australian Swimming Coaches and Teachers Association (ASCTA), a non-profit organization. Swim Australia registers Swim Schools nationally that meet industry standards as determined by ASCTA and promotes the many excellent benefits of learning to swim and water safety.

Monash Sport Swim School Coordinator Ariane Tebb also presented at the conference, with representatives from over 500 swim schools nationally who are registered with ASCTA and Swim Australia.



Alison Neil, Christie Briggs and Ariane Tebb with the Outstanding Community Service Award.

## Upcoming Trips and Tours with Monash Sport:

- Day Snow Trips to Mt Buller.
- Weekend tour staying at the Monash University Alpine Lodge.
- Great Ocean Road weekend.
- Red Centre 11 Day Tour to Central Australia.

[www.sport.monash.edu/tripsandtours](http://www.sport.monash.edu/tripsandtours)

## TeamMONASH™ walk/run for cancer research

In 2005 Monash University began participating in the Mothers Day classic with 180 participants. On Sunday 10 May, 2009 this grew to 1,000 TeamMONASH™ participants bringing together students, staff, alumni, family and friends from many generations.

With the sun shining and great weather conditions, TeamMONASH™ stood out in the crowd with their vibrant purple uniforms. A dedicated team of volunteers assisted on the day cheering on the team, providing support services and face painting.

For Monash University staff member, Tricia Thorne (Manager, Monash Residential Services, Peninsula campus) the day marked significance with four generations of women in her family participating in the event. Tricia's Mum of 87, daughter and granddaughter with other family members participated in the 4km walk. Tricia said that "it was fantastic to be part of our own family team whilst also part of the larger Monash team. The organisation of the event was perfect, even to the extent of the weather."

TeamMONASH™ received two awards on the day, the UniSuper Tertiary Team Award – Largest Tertiary Team, Victoria and Largest Tertiary Team – National.



Monash University staff member Tricia Thorne with her family members.

TeamMONASH™ events provide a fantastic opportunity for the Monash community to come together, support a worthy cause and memories that stay forever. For further information on upcoming TeamMONASH™ events please visit: [www.sport.monash.edu/events](http://www.sport.monash.edu/events)

## Rocky Road Hedgehog

This slice is a very special afternoon or evening sweet treat. It always disappears very quickly in the staff room!

**200g dark chocolate, chopped**

**125g unsalted butter, chopped**

**1/3 cup icing sugar**

**1 egg, lightly beaten**

**250g packet butternut snap biscuits, broken into pieces**

**1/2 cup mini marshmallows**

**1/4 cup shredded coconut**

- Grease 7cm deep, 19cm base square cake pan. Line with baking paper, allowing 2cm overhang
- Place chocolate, butter and icing sugar in a saucepan over low heat. Heat while stirring until melted and smooth. Remove chocolate mixture from the heat, transfer into a mixing bowl and set aside for 5 minutes.
- Stir egg, biscuits, marshmallows and coconut into the mixture.
- Spoon into the prepared pan. Using the back of a fork, press mixture into the pan
- Cover and refrigerate for 4 hours or until firm. Cut into small pieces.

### Variations

- Add 100g of glace` cherries or nuts in the third step
- Use a mild dark chocolate, some brands make a blend of milk and dark
- Use plain sweet biscuits such as 'Marie' rather than the butternut snap biscuits.

# Streamline

New after school tennis program for children aged 5 to 12.  
Ask staff for details.

## Important Dates

15 - 21 June	Progress Reports issued for Term 2 2009.
15 - 28 June	Enrolment and payments for Term 3 2009. Payments received before 28 June receive a free TeamMONASH™ gift.
28 June	Final day for Term 2 2009 Swimming Lessons.
13 July	Term 3 2009 begins.
7 - 13 September	Progress Reports issued for Term 3 2009.
7 - 20 September	Re-enrolment and payments for Term 4 2009. Payments received before 20 September receive a free Monash Sport gift.
20 September	Final day for Term 3 2009 Swimming Lessons.
5 October	Term 4 2009 begins.

## Term 3 2009 Dates

Day	Start	Finish	Weeks
Monday	13 July	14 September	10
Tuesday	14 July	15 September	10
Wednesday	15 July	16 September	10
Thursday	16 July	17 September	10
Friday	17 July	18 September	10
Saturday	18 July	19 September	10
Sunday	19 July	20 September	10

### Free Practice Swims

For all enrolled and fully paid Swim School students we offer free practice swims at any time within opening hours.

Free practice swims apply only to enrolled students. Accompanying parents and family are required to pay pool entry fees. All children under 10 years must be actively supervised by a parent or guardian over 16 years of age.

We encourage students to make use of this service as we believe it will enhance each students learning progress. School holidays are included providing full payment for the forthcoming term has been received.

### Multiple Sessions Per Week

Swimmers at any level are able to take up the option of doing more than one lesson per week to speed the progress of your child. A substantial discount of 50% applies to the second session per week for swimmers in any level. All swimmers are strongly advised to take up the option of multiple sessions per week as an integral element of training is increasing the swimmers fitness. This will benefit their swimming and also their general fitness which positively impacts on all aspects of their life, including academic success.

Staff Profile: **Kathryn Smith**

**Position:** Swimming Instructor

**Currently Studying:** Arts/Law

**Favourite swimming stroke:** Freestyle

**Favourite swimmer:** Grant Hackett

**Favourite food:** Brussel Sprouts!

**Favourite movie:** 'The Castle'

**Footy Team:** Richmond Tigers

**3 things I would take to a desert island:** Sunscreen, sunglasses and Edward Cullen



### Payment Policy

- Learn to Swim lessons are \$13.50 per lesson, payable by the term.
- Squad sessions; Payments vary depending on frequency of training; please speak to our customer service officers for the squad pricing schedule of your level.
- A \$25 non-refundable deposit is required upon enrolment to confirm enrolment.
- Final payment is required by the first week of term (13-19 July).
- Enrolments will be cancelled if FULL payment has not been received by the first week of term.
- Full payment of Term 3 fees prior to the end of Term 2 (28 June) will receive a free Monash Sport gift.
- A 5% discount is available on lessons for families with 3 or more children enrolled and pension/concession card holders. Monash University students receive a 15% discount on lessons. Please note that only one discount is available per student. Please advise our customer service officers of entitlements upon enrolment, proof of entitlement must be displayed at time of payment to receive discount.

### Missed Lesson and Make-up Lesson Policy

- There are no refunds or cash credits for any missed lessons.
- If you are unable to attend a lesson you must notify the Swim School on 9905 4115 at least 24 hours in advance. Failure to notify absence will result in no make up being credited.
- No make-up lessons will be conducted during the first two weeks of term, to allow for new enrolments.
- Make-up lessons cannot be taken until the full fees for the term have been paid.
- Only 2 make up lessons provided per term - must be used in the current term.
- At the completion of each term, all make up credits will be removed.
- The only instance extra make up credits will be given is upon the presentation of a medical certificate with dates specified to the Swim School Coordinator.

### Cancellation Policy

- There are no refunds or cash credits for any missed lessons.
- Refunds for fees due to cancellation will incur a \$25 administration fee.