

KICK SWIM CENTRE

NEWSLETTER

February 2026



CAPTAIN KICK

Black hair
Blue pants
Small ears
Big head

\$ KICK CASH

REWARD FOR THE SAVIOR

MISSING!

Have You Seen Captain Kick?

Captain Kick, our Head Mischief Maker has gone missing somewhere around the pool... 🐼

He's playful, sneaky, and VERY good at hiding!

Your Mission:

- Keep your eyes open during your swim
- If you find Captain Kick, tell a customer service staff member straight away

Be the FIRST to find him each month and WIN!

⚠ Important:

Once Captain Kick is found, he'll be placed in the Captain Kick Dock, and the competition will be over for the month.
Good luck, swimmers! 🐼

Welcome to our latest Kick Swim Centre update!

There's lots happening around the pool, from exciting new promos and fitness opportunities to celebrating achievements within our swimming community. Read on to stay in the loop!

KEY DATES

Monday 2 March

📅 Term 2 bookings open

Monday 9 March

🏊 Aqua Avengers Holiday Program – bookings open

Thursday 2 April

📅 Last day of Term 1

📅 Term 2 deposits due (required for guaranteed placement)

Friday 17 April

💰 Final day to pay accounts in full to be eligible for Kick Cash

Monday 20 April

🏊♀ First day of Term 2

Kick Cash Reminder

If you paid your account in full by the due date of 31 January, great news - your Kick Cash is ready to be collected!
Kick Cash can be used for kiosk treats and selected items, so be sure to grab it next time you're at the centre.

Swimmer of the Week & Swimmer of the Month

Each week we celebrate our Swimmers of the Week, recognising effort, improvement, positive attitude, and great behaviour in the pool.

✨ Important reminders:

- Swimmers of the Week, don't forget to collect your certificate and small treat from the kiosk
- All Swimmers of the Week go into a monthly draw, where one swimmer will be randomly selected as Kick Swim Centre Swimmer of the Month

🏆 Swimmer of the Month receives \$5 Kick Cash — congratulations to all our amazing swimmers!

Congratulations Fraser Coast Swim Club

From all of us at Kick Swim Centre, we would like to congratulate Fraser Coast Swim Club on their outstanding performance at the Queensland Country Championships, finishing as Overall Point Score Champions!

Across three incredible days and nights of racing, the swimmers delivered exceptional performances with personal bests, finals appearances, and podium finishes throughout the meet. The team spirit, pride, and support shown by swimmers, coaches, and families was inspiring to see.

¹²/₃₄ Meet Highlights:

- 👤 27 swimmers
- 🏊 170 events
- 🏆 83 individual finals
- 🥇 34 gold | 🥈 17 silver | 🥉 29 bronze
- 🏊 106 personal bests



We are proud to host Fraser Coast Swim Club for training at Kick Swim Centre and to congratulate the club on its fantastic culture, built on strong leadership, teamwork, and a shared commitment to the Fraser Coast swimming community.

Well done to everyone involved, it's simply an outstanding achievement, and we wish the team every success heading into the upcoming Wide Bay Championships.



Sharon
Swim Instructor

Staff Spotlight: Sharon Burton

We're excited to officially welcome Sharon Burton to the Kick team as a Learn to Swim Instructor!

Sharon brings a warm, friendly approach and a genuine passion for helping swimmers build confidence, develop skills, and enjoy their time in the water. Her calm, encouraging teaching style has already made a positive impact on pool deck, and she's fitting in beautifully with our swimmers and teaching team.

Make sure you say hello and give Sharon a warm Kick welcome next time you see her around the pool!

Splash Pass Move Your Body, Clear Your Mind

Available (schedule permitting) during weekday morning classes, the Splash Pass gives parents and carers the perfect chance to focus on fitness and wellbeing while their swimmer is in lessons.

Why swimming is great:

- 🏊 Low-impact and gentle on joints
- 💪 Builds strength and endurance
- ❤️ Improves cardiovascular fitness
- 🧠 Reduces stress and clears the mind
- ⚡ Boosts mood and energy

For just \$7, enjoy uninterrupted laps and some well-earned me-time.
T's & C's apply. Ask our team at Customer Service for availability.



In the Pool: Penguin Bronze

By the time swimmers reach Penguin Bronze, they are already comfortable and independent in the water. They can float, submerge, and coordinate arms and legs for both freestyle and backstroke. So why does this level matter so much? Penguin Bronze is where we change from teaching children how to move in water to teaching them how to swim properly and safely.

What is Penguin Bronze all about?

At earlier levels, swimmers learn confidence skills like floating, bubbles, and basic arm and leg movement. However, children can still swim using effort rather than technique. They often hold their breath, rush their strokes, or rely on momentum. Penguin Bronze teaches control.

This is the stage where swimmers begin to understand breathing, timing, body position and efficiency. Instead of just reaching the wall, they learn how to swim in a way that they could continue safely for a longer distance if needed. We are building real swimming skills, not just short-distance movement.

Why we focus on technique now

Around this age children are physically stronger and more coordinated, but they also develop habits quickly. If they learn to swim while holding their breath, lifting their head, or kicking incorrectly, those habits become difficult to correct later and limit their endurance.

This level teaches swimmers to:

- Relax in the water
- Control breathing
- Maintain body position
- Move efficiently instead of quickly

Good technique actually makes swimming easier for children. They become less tired, less panicked and far more capable in deeper water.

The benefits beyond swimming which Penguin Bronze builds:

- Endurance
- Body awareness
- Problem solving
- Confidence in deep water
- Persistence and resilience

Children begin to trust their own ability in the water, which is one of the biggest predictors of long-term water safety.

What parents will see their child learning

During Penguin Bronze swimmers work on:

- Push and glide in a streamline position with dolphin kick to the flags
- Front and back sculling development
- Breaststroke kick
- Tumble turn into streamline kick
- Backstroke 3-stroke rotation
- Freestyle relaxed recovery, bilateral breathing
- Backstroke high side rotation with shoulders and hips on the surface
- Survival sequence
- Safe independent exit from the pool

Why these skills matter

- **Streamline & dolphin kick**

Teaches swimmers to travel through water efficiently. This reduces energy use and is essential for longer swimming distances.

- **Sculling**

This skill allows swimmers to support themselves in deep water and is the foundation of treading water and an essential survival skill. It also develops a feel for the water, teaching children to hold and control the water rather than splash through it, helping them stay calm and confident.

- **Breathing control**

Bilateral breathing and backstroke rotation prevent panic. A swimmer who can breathe calmly can think clearly and make safe decisions in the water.

- **Breaststroke kick**

Used in survival swimming and recovery. It allows swimmers to move forward while keeping their head higher and conserving energy.

- **Survival sequence**

Swimmers practise stopping, floating, breathing and then swimming to safety, a real-world safety skill, not just a lesson activity.

Why this level is so important

This level is the bridge between basic swimming and capable swimming.

A child who completes Penguin Bronze correctly is not just able to cross a pool — they can manage themselves in water, control their breathing, rest, and then continue to safety.

That is our real goal.

We are not only teaching strokes.

We are teaching children how to look after themselves in the water.