

KICK SWIM CENTRE

NEWSLETTER

March 2026



Aqua Avengers Holiday Program Easter School Holidays

Looking for a fun and active way to keep the kids busy during the upcoming Easter school holidays? Our Aqua Avengers Holiday Program is a great opportunity for swimmers to spend extra time in the water while building confidence and reinforcing their swimming skills.

The Aqua Avengers program provides focused swimming sessions in a fun and supportive environment. With a quieter pool environment and targeted instruction, swimmers have the chance to practise important skills and become more comfortable and capable in the water.

These sessions are a great way for swimmers to:

- Build confidence in the water
- Reinforce techniques they are learning in their weekly lessons
- Spend extra time practising key swimming skills
- Stay active and engaged during the school holidays

Holiday programs are also a great way to maintain momentum in swimming, as long breaks between lessons can sometimes interrupt learning. Spending some extra time in the water during the holidays helps swimmers return to their regular lessons feeling confident and ready to go.

Spaces in the Aqua Avengers sessions are limited, so we encourage families to book early to secure a place.

March is already shaping up to be a fantastic month in the pool. We are seeing great progress across many levels, and it's always rewarding to watch swimmers build confidence week after week.

Thank you for continuing to prioritise swimming and for supporting your children through their learning journey.

Consistency in the water is one of the biggest contributors to skill development, and it's wonderful to see so many families making swimming a regular part of their routine.

KEY DATES

Monday 30 March to Thursday 2 April

💧 Water Safety Week

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

Keeping Your Contact and Medical Details Up to Date

To help us provide the safest and most supportive environment for every swimmer, we ask families to ensure their contact and medical details are kept up to date.

Please let us know if there are any changes to phone numbers, emergency contacts, medical conditions, allergies or other important information. Having accurate details allows our team to respond quickly if needed.

It is also very helpful for our instructors to know if your child has any additional needs, behavioural considerations, or strategies that help them feel comfortable and successful in new environments.

Many children benefit from particular approaches, routines or communication styles, and sharing this information helps our instructors support them in the best possible way.

All information is treated with care and used only to help our team create a positive, safe and supportive learning experience for your child.

If you need to update your details, please do so through the ICP App or speak with our reception team.

Easter Challenge Guess the Lollies!

With Easter just around the corner, we're adding a little bit of fun to the centre with our Easter Guessing Challenge.

Keep an eye out at reception for our lolly jar filled with Easter treats. Families are invited to guess how many lollies are inside the jar for a chance to win the whole thing!

To enter, simply:

- Visit the Lolly Counter
- Record your your guess with Customer Service

The person with the closest guess will win the jar of lollies just in time for Easter.

It's a fun way for our swimmers and families to get involved and enjoy a little friendly competition while visiting the centre.

Good luck to everyone who enters!





Carol
Swim Instructor

Staff Spotlight: Carol Francis

This month we would like to introduce Carol Francis, who has recently joined our team. Carol comes to us with previous experience working with babies and learn to swim programs, and she has a particular passion for working with younger swimmers. She loves helping children build confidence in the water and watching their skills grow week by week.

Many families will also see Carol working at the customer service counter, where she will be assisting with enquiries and helping families with their accounts and bookings.

As Carol becomes familiar with our computer systems and processes, we appreciate your patience while she learns the ropes. Please feel free to say hello and introduce yourselves when you see her around the centre.

We're very happy to have Carol as part of our team.

Emails Over the Holidays

Over the upcoming holiday period we will be switching our email and website servers as part of an upgrade to our systems.

Exact dates will be advised once they are confirmed.

During the changeover period there may be temporary disruptions to email communication, and some emails sent during this time may be delayed or not received.

If you are waiting for a response or have an urgent enquiry during this time, please contact us via phone so we can assist you promptly.

We appreciate your patience while these updates are completed.



REMINDER



Methods of Communication

A quick reminder on the best way to reach us:

- Absences, Transfers and Make Ups: Please use the ICP App
- General enquiries: Phone or email us

Using the right channel helps us respond to you as quickly and efficiently as possible.



Supervision Around the Pool

For the safety of all swimmers, children under 12 must have a parent or carer in attendance at their lessons at all times while at the centre.

Parents and guardians are responsible for actively supervising their children before and after lessons, as well as whenever they are not in the water with their instructor. The pool environment can be busy and the deck can become slippery, so it is important that children remain close to their supervising adult.

Advising Absences

If you know your swimmer will be absent from a lesson, please remember to report the absence as early as possible. Advising us of an absence is beneficial for several reasons. Firstly, it helps ensure your swimmer receives the full value of the lessons you have paid for, by allowing you the opportunity to book a makeup lesson at a later time where applicable. Secondly, it allows other families the opportunity to book into a temporary makeup spot if they have missed a lesson. When absences are not reported, those opportunities are lost and classes can appear full even when a spot could have been available.



Fins Required

Swimmers in Penguin levels and above are required to bring their own fins to lessons. Fins are an important training tool that help swimmers develop stronger kicking technique and body position in the water.

We do have a small number of fins available to borrow for swimmers who are just getting started, however sizes are limited, so we recommend purchasing a pair once your swimmer progresses into these levels.

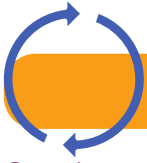
Lost Property

Each week we collect a large number of items left behind around the Centre, including towels, goggles, drink bottles, clothing and even the odd single shoe!

If your child is missing something after their lesson, please take a moment to check the lost property bin on your next visit. Items are kept for a limited time before being cleared to make space for new items.

To help avoid belongings going missing, please label your child's items where possible, as this makes it much easier for staff to return them.

If you think you may have left something behind, please speak with our reception team and we'll be happy to help you check.



Perpetual Enrolments

Our classes run on perpetual enrolments, meaning your lesson time automatically rolls over from one term to the next. This allows families to keep the same class day and time without needing to rebook each term.

The best way to secure your place in class is to ensure that your account remains up to date with payments. When accounts fall behind, the system is unable to roll the enrolment over to the following term, which may result in the loss of that class spot.

We strongly recommend checking your account periodically through the ICP App or contacting reception if you are unsure about your balance.

Our classes are often full, and keeping your account current is the simplest way to guarantee your swimmer keeps their place.

Squad News

Our squad swimmers train hard each week, and their progress is a great reminder that improvement in swimming comes from consistent effort over time.

Head Coach Liz recently shared some very wise words with the squad that apply not only to competitive swimmers, but to anyone learning a skill:

“The biggest predictor of athlete progression isn’t talent, it’s attendance.”

Athletes who maintain high attendance over time tend to experience:

- More stable technical development
- Greater aerobic and physical adaptations
- Stronger training resilience
- Higher competition readiness

Showing up consistently allows swimmers to build on skills week after week, develop stronger habits and gain the physical conditioning needed to perform well.

Whether swimmers are in squad training or just beginning their swimming journey, regular attendance is one of the most important factors in long-term progress.





In the Pool: Turtle Bronze

What is Turtle Bronze all about?

Turtle Bronze is a very important step in our swimming program. This level is designed for beginner children aged 3 years and older who have not previously participated in swimming lessons, and it is also the natural progression level for swimmers graduating from the final stage of our babies program, Starfish Gold.

Unlike our parent-and-child classes, Turtle Bronze is the first fully independent level, where swimmers participate in the lesson without a parent or guardian in the water. This allows children to begin developing independence in the water and learn how to listen to and follow instructions directly from their teacher.

For some swimmers this can feel like a big change at first, particularly for those moving up from the Starfish levels where parents have been in the water with them. However, this transition is an important step in their development and helps them build confidence and independence in the water.

Parents are encouraged to watch and support from the poolside, allowing swimmers the space to focus on their instructor and practise their skills independently.

Why independence is so important

A key focus of Turtle Bronze is helping swimmers become comfortable participating in lessons independently.

When children are able to focus directly on their instructor, they learn to listen, follow directions and attempt skills on their own. This helps develop both their swimming ability and their confidence in new learning environments.

While it can sometimes be tempting to jump in and help, children often learn best when they are given the opportunity to try, practise and succeed independently, with support and guidance from their instructor.

Our instructors are experienced in helping children settle into independent lessons and supporting them as they adjust to this new stage.

This level teaches swimmers to:

Turtle Bronze focuses on foundational water safety and body control skills that form the basis of independent swimming.

Skills introduced in this level include:

- Entering and exiting the water safely
- Bubble breathing with the face in the water
- Floating on both the front and back
- Returning from a float to a standing position
- Maintaining 10 seconds unassisted floating on the front and back
- Crocodile roll (survival roll) unassisted
- Torpedo kicking on the front
- Back kicking with hands by the side
- Forward movement through the water with eyes facing down
- Sculling using a noodle

These skills may appear simple, but each one is designed to help swimmers develop control, balance and comfort in the water.

Why these skills matter

Each skill taught in Turtle Bronze has an important purpose in developing water safety and independent movement.

For example:

- Floating helps swimmers learn how to remain calm and supported by the water.
- Breath control teaches swimmers how to manage their breathing when their face is in the water.
- The crocodile roll shows swimmers how to move from a face-down position to a safe breathing position on their back.
- Kicking and forward movement begin to develop propulsion and body coordination.

Together, these skills help swimmers learn how to stay afloat, control their breathing and move towards safety, essential foundations for all future swimming development.

What swimmers need for this level

Swimmers in Turtle Bronze are required to wear a swimming cap during lessons. Swimming caps help maintain good pool hygiene, keep hair out of the filtration system, and prevent hair from falling into swimmers' faces so they can see clearly.

Goggles are also strongly recommended, as they help swimmers feel more comfortable putting their face in the water and allow them to see clearly underwater. This often gives children the extra confidence they need to participate fully in activities involving face immersion and underwater movement.