



Genesis Sport & Aquatics

Term 4, 2020

Aquatic Centre

Learn To Swim

We are really excited to see a lot of familiar faces returning to the pools for Term 4. The importance of having your child safe around water is paramount. We believe that learning to swim should not be treated as an activity, but as an essential life skill for every child.

With Term 4 underway we are running more classes and opening up more availabilities throughout the week. We have seen a high number of our swimmers progress through to skills squad over the winter months, highlighting the value of ongoing lessons.

A few events coming up in Term 4:

- We will be running a 'Macca's Mini Meet' on Saturday 7th November (details to follow). This will be open to any swimmers enrolled in our *Learn to Swim* program. It will be age and skill appropriate, with fun activities!
- The *Genesis Aquatics Swim Club* will be running club nights on most Friday afternoons through Term 4. We would encourage our more advanced swimmers to participate. If you would like to know if this may suit your child, please speak to the *Progress Adviser* on deck during lessons.



This year we have decided to hold back on our annual increase in fees, as we understand the financial toll that Covid-19 has had on many people. We will be keeping our current prices in effect until further notice.

Please remember that we still offer a **50% discount on booking a second lesson per week**. We would encourage people to consider enrolling as the benefits of multiple lessons will be seen in the swimmers improvement.

We are also still offering two make-up lessons per term if your child is going to be away or is sick. We require notification of absence prior to their lesson so that we can use that spot for others looking to do a make-up lesson.

These make-up lessons do not carry over to the following term and cannot be guaranteed in the final week of term, please check our *Fee Agreement* for further clarification.

Sometimes, like everyone, our instructors are sick or unable to work on their normal shifts. We will always endeavour to replace them with the most appropriate alternate instructor for that shift. We would like to encourage parents to reinforce to their children the importance of still completing that lesson with the replacement teacher.

We have found that this is important to their growth, as it allows them to accept change and still feel safe. It also helps if your family timetable changes and you can no longer line up lessons with their favourite teacher. As children become school age they will be faced with many different teachers in the school environment.

Squads

With what began as a cautious start, Term 3 finished with a flurry of intensity and eagerness in the water. The kids that came back had a great boost to their skill and speed which developed into achievements that may have been considered impossible at the start of the term.

This term we look to continue the push in the pool, with the coaches all on board, to see the true potential of the dedicated swimmers that we have. This term also sees the *Primary Swimming Carnival* taking place, which has a tendency to bring kids back to the pool. We always admire the determination of the kids that aren't squad swimmers - jumping up and taking on the best in the grades. It is always a great day and each year we discover the hidden talents of many swimmers. Don't forget swimming isn't just for the elites, if you or your child want to get fitter in another sport swimming can help to compliment their fitness.

Always a timely reminder, as we head back into the warmer months, of the importance of **safety** around the water. With the increased likelihood of kids being around bodies of water over the school holidays, it is always worth while getting them back into squads to reaffirm their skills in the water. If you're looking to get the most of this years swimming, now is the time to jump back in.

Fitness Centre

GSA is a *community-based* gym catering for all ages and abilities where you will find something for the whole family.

For the kids, we have a variety of physical literacy and sporting programs after school ('Active Kids' and 'GAPP' (Genesis Athletic Performance Program) aimed at helping your child on their fitness journey.

At the moment, anyone joining the GAPP or GAPP TEEN programs will get the Christmas and New Year holiday programs free of charge.

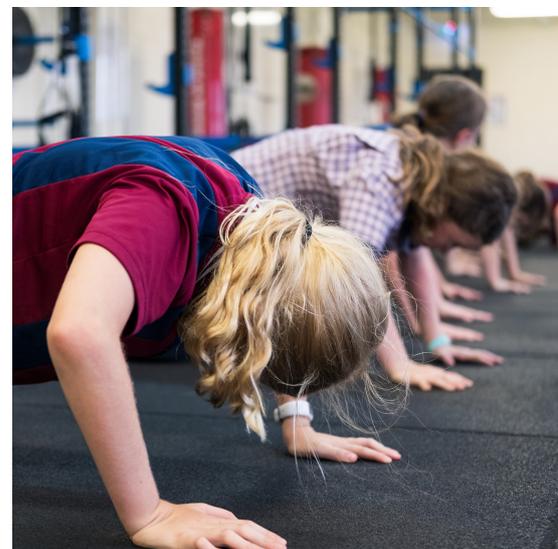
These exclusive GSA programs are designed, not only to work on your child's physical capabilities, but also to help them learn sportsmanship, perseverance and to be a good team player, All while having fun and making friends along the way.

But wait! There's more Why should the kids have all the fun? Did you know that the fitness centre also offers a wide range of adult group fitness classes, both in the morning and the evening? These classes cater for everyone from beginners through to the experienced.

Classes not your thing? Don't worry, we have your back! By being a part of the GSA family we offer free fitness assessments, programs and guidance throughout your fitness journey.

The GSA Fitness Centre now has a Facebook community/group page to help you stay motivated and up to date with all the latest gym news and events.

<https://www.facebook.com/groups/881002718996866/>



Football Club

Our coaching philosophy at GFC is simple; to *promote joy and learning through, and a love of the game of football!*

Our coaches are positive advocates and role models for our players. They provide an environment which teaches values where children can enjoy themselves through playing and competing together.

Genesis Football teams compete in the 'Football Brisbane' competition played on Saturday mornings. These games allow players to put what is taught in training into practice, and foster team-growth. Our teams range from U6s-U10s and play against local clubs within the Moreton region.

The continuous improvement we have noticed throughout the season has been immense! This shows the hard work and effort being put in by not only players and coaches but also the parents who motivate and encourage the players every week!

Watch this space!

Genesis Football has big plans for 2021 and we look forward to sharing more soon!

Tennis Centre

We hope that everyone was able to enjoy some time with their family over the September holidays. Our coaching staff have been working hard to make sure that this summer of tennis will be the best yet.

This term, we have re-vamped our fixtures programs to make them more inclusive (*as well as loads of fun*) for all levels. We have also introduced a new **prizes and points system** to assist all players to track their progress and results week-to-week. The team is excited to see which players will rise to the challenge and be crowned 'Term 4 Champions!'

Have you been checking the GSA Facebook page? We have been regularly posting a 'Genesis Tennis Player of the Week' on Facebook to celebrate the efforts and improvements of our budding tennis players. Be sure to check regularly.

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