



NEWSLETTER 2008 - 2009

Swimmin' & Springin' Along...

As I write this, we have just received another Platinum Award from City Parent magazine Readers' Selection Awards and many Canadian athletes are preparing to give their all in Beijing! It's an exciting time for all.

As we respond to your needs either by our website at www.gsaquatics.com or by your contacting us at our office at (416)222-3745 (**only 9 to 5 Monday to Friday**) we reconnect with old friends. We also welcome our new G.S. Aquatics families with updated information – leave your comments at info@gsaquatics.com.

We are all hearing so much about how unfit our children are – us too for that matter but with leading the busy lives that we do it's hard to fit it all in, I know. A start could be to attend our **Free Family Fun Swim** on Tuesdays (from September to June) at 6:00 – 6:30 at our Carluke Crescent location. From there set aside a gymnastics and swimming time for your growing athletes.

Many of our cash strapped schools are closing pools and are dropping the physical education programmes so necessary for the intellectual development we all hope for in our children be they Auditory, Visual or Kinaesthetic-tactile learners. The pool and the gym offer wonderful opportunities for all – even adults! The physical movements of the body – jumping, kicking and breath control, all enhance physical fitness.

To help you accomplish your goals for yourself and your children we continue to offer the "G.S.A. Difference";

- Our pupil/teacher ratio is still the best in the city; our staff are under contract and are thus guaranteed for an entire series (barring illness – of course);
- The majority of G.S.A. staff are trained in (and/or are studying) instructor relevant areas such as education, kinesiology, occupational therapy, etc.;
- In addition to stringent Red Cross, Lifesaving Society and/or Gymnastic Ontario certification, all of our staff receive an additional 30 hours of training in our personalized approach;
- The school director and/or supervisors are always present, constantly monitoring as well as teaching;
- We have no Lifeguard-only positions. Our supervisors go into the water;
- Our Junior Instructors possess a minimum of Red Cross Assistant Instructor certification;
- You can maintain the same day and time for an entire year via our convenient continuous booking option;
- You will receive a 20% discount on your next series once you've referred four pupils who sign up for any of our classes;
- All family members receive a discounted rate!
If your account is paid in full two business days before the start of the series you will earn the discounted rate; additionally the second and subsequent family members earn further discounts. If you are also jointly enrolled in swimming & gymnastics, a discount will be applied to your gymnastics fees.
- And, as always, make-ups are valid for any registered pupil for one full year. Our make-ups are not limited to two per series, and the pupil/teacher ratio never changes – only

vacant spots are used. This policy is by far the most liberal in the G.T.A. – check it out!

There has never been a better time to SIGN-UP & SAVE!

Further attention to the Red Cross Swim Kids programme by ensuring proper evaluating through the continuum is again showing just what a super system it really is. Along with stroke and skill teaching, strong emphasis is placed on the theory and First Aid at the higher levels. Not only are these very important life skills, but many older pupils use this knowledge in babysitting or sibling care – our future lifeguards and instructors will have the expected knowledge to facilitate great teaching and guarding.

The Lifesaving Society continues to provide first rate levels that integrate with Red Cross (starting after the completion of Swim Kids 7). As all of our instructors are qualified with Red Cross and Lifesaving, these levels progress seamlessly; good preparation for advanced First Aid, C.P.R., Defibrillation and Airway Management.

The majority of our G.S.A. staff are fully certified in these most interesting and useful advanced skills. Pupils who complete their Bronze Cross level have these opportunities open to them also.

The small classes given by our highly trained coaches have set apart the G.S.A. "Springers" Gym programme from the norm. It is very unusual to have rhythmic, artistic, trampoline and tumbling blended together into a lesson time. Music plays an important role in all of these disciplines. Last year, Sarah and Sandra groomed our Olympic hopefuls with most ToddlerGym, KinderGym and Sr. KinderGym classes fully booked! Our Gymnastics Ontario classes, (available four days a week), offer a good selection of times from which you can choose. The coaches, in the pre-competitive programmes that our graduates enter, continue to offer highly complimentary praise, not only of our training but also of the love our pupils have for gymnastics.

- ***Don't forget that your swim make-ups can be used in the gym - why not give it a try?***

One Canadian educator writes on the benefits of physical fitness through gymnastics for young growing children:

"I recently had the pleasure of attending a Gymnastics demonstration and I would be remiss if I did not share some comments with coaches, parents, and children on how important the benefits of programmes, such as these, are for little ones"

"The skills these children have demonstrated are the pre-requisite skills necessary for academic learning. They were well versed in the following skills:

1. ***Auditory reception – understanding the spoken word.***
2. ***Auditory sequential memory – following directions in sequence.***



The Canadian Red Cross



LIFESAVING SOCIETY®
The Lifeguarding Experts



3. **Motor planning – following a series of body movements.**
4. **Social skills of turn-taking, polite interaction and providing encouragement to others.**
5. **Laterality and directionality – left to right, top to bottom movement and awareness.**
6. **Spatial awareness – becoming sensitive to where their body is in relation to other people, objects and equipment.**
7. **Language development – first, second, etc.; labelling (Star Jump); making associations (cookie dough -cookie cutters) et cetera.**
8. **Using creative thinking skills and their imagination – i.e. tuck into your shell.**
9. **Co-ordination and balance – i.e. on the trampoline.**
10. **Fitness, Flexibility, fun, Fun, FUN!**

“These skills, and I have mentioned only a few of the most noticeable ones, are critical for later academic success in school. As stated earlier, they are the precursors to early literacy skills and I can’t emphasize their significance enough!”

Karen Robinson
Vice-Principal/Resource Teacher @ Woodville E.S.
[Reprinted from the *Lindsay Daily Post*]

Sign up for an in-water trial class. You will be slipped into a vacant spot only – this way you can sample an actual class while maintaining our low pupil/teacher ratio. We know you’ll love what you see!

As usual some graduates of our Bronze Cross classes joined the staff and others are off to university after being with us for so many years. Nadia Messenger, Rebecca Greenberg and Caitlin Porter are all off to university while our two students of the Chiropractic College – Leah Glassman and Tiffany Locke have joined our ranks. Emily Harris is jetting off to Japan to teach – we wish her well!

Shannon and Alix returned from university to brighten up our spring and summer and will do so hopefully again next year.

As usual we remind you that *Continuity of Instructor* is assured, and our commitment; as our team inspire and nurtures our pupils ‘small and tall’, I can’t tell what pride it gives me to have such an amazing team.

Grace returned to our head office after an extended leave – she, Fanny and Catherine “Hold the fort” 9 a.m. to 5 p.m. Monday thru Friday to arrange make ups, take cancellations (only through H.O. please) and assist you in any way. Leave a message if you wish for me or any of the instructors outside of our teaching hours. Our fax machine is also available (416) 222-3752 for your additional convenience.

This spring, Carluke pool was again drained, acid cleaned and the filters upgraded in the ongoing effort that is made to keep our main pool up to date and functioning at its fullest productivity level.

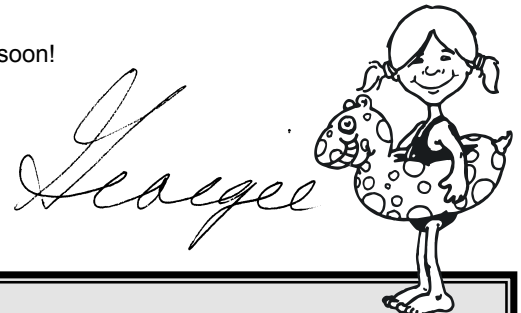
Bloorview Kids Rehab, our Friday location, continues to serve us from September till June. It serves mainly our more southerly-located families, but it also suits some of our advanced students with a very deep end for rescues and other skills. Each series our Bronze exams are held the last Friday of the series. If you are interested in seeing this new, state-of-the-art facility, or joining our Friday swimming family – please give the office a call to arrange a time soon- it fills up fast!

Our private pool programme expanded even further this year with lifeguarding and structured games being brought to several celebrations by G.S.A. and we even covered a Day Camp situation with our “Safety and Fun Presentation”. “Flex-Time” Carluke summer placements kept us humming – Saturdays especially as our swimmers kept their strokes and skills polished.

Those families who where otherwise engaged over the summer have sent in a flurry of deposits for the Fall, to ensure their chosen days and times. We now **have more than half** of the available spaces for our first series booked, in this fashion Give us a call soon to reserve you time!

This summer was a wet one but we were all busy. Life is good. Erma Bombeck said the following and I hope you will enjoy her words as much as I do.

See you soon!



KITES

“I see children as kites. You spend a lifetime trying to get them off the ground. You run with them until you’re both breathless... they crash... they hit the rooftop... you patch and comfort, adjust and teach. You watch them lifted by the wind and assure them that someday they’ll fly. Finally they are airborne; they need more string and you keep letting it out. But with each twist of the ball of twine, there is a sadness that goes with joy. The kite becomes more distant, and you know it won’t be long before that beautiful creature will snap the lifeline that binds you together and will soar, as it is meant to soar, free and alone. Only then do you know that your job is done.”

Erma Bombeck