

SURREY PARK SWIMMING NEWS



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SURREY PARK SWIMMING, COVERING THE GAP!

Surrey Park Swimming, through our Community Access Program for Swimming (CAPS), has proudly bridged the gap between the Victorian Government's Get Active Kids Vouchers and the cost of swimming lessons. In Term 4 2024, the January 2025 Holiday Program, and Term 1 2025, we provided financial support to 259 swimmers at our Box Hill, Blackburn, and Heidelberg locations, ensuring access to vital swimming education.

In total, we contributed \$14,365.60 to support local families experiencing financial hardship, reinforcing our commitment to making swimming accessible for all. As a not-for-profit organization, we remain dedicated to serving and uplifting our community through inclusive and impactful initiatives.

This round of Get Active Kid's vouchers has concluded as of the 29th of April 2025. There may be future rounds for Get Active Kids Vouchers in the future, so keep an eye on the Victorian Government website if eligible.



DROWNING RATES ON THE RISE - WHY SWIMMING LESSONS ARE IMPORTANT FOR OUR MIGRANT COMMUNITIES?

"I feel it's because Australia is an island. We're so blessed here," says Houra Lavassani from the Migrant Information Centre. "The beach, going to a river or a lake. It's a fun thing to do, a lifestyle. It's a part of Australian culture."

For many of Australia's migrant population, however, a swimming culture may be a culture that is quite unfamiliar.

The Australian Bureau of Statistics most recent population data indicates that 30.7% (more than 8 million) of Australia's population was born outside the country (1). Their nations of birth may have been land locked, swimming lessons and swimming pools may have been inaccessible or accessible only to the wealthy, and swimming skills and water safety may not have been considered institutional or parental priorities.

"For many, the beach or the pool wasn't part of daily life the way it is here," says Nesma Said, originally from Egypt and the mother of two Surrey Park Swimming squad members. She continues, "From what I've seen in the Egyptian community and among other Muslim or multicultural families, swimming ability can be quite limited, especially for the parents. In Egypt, unless families were middle to upper class and living near coastal areas or having access to social and sport clubs, swimming wasn't necessarily a priority or widely taught in schools."

Confirming Nesma's observation, research conducted for the Australian Water Safety Strategy 2030 classifies 41%

of overseas-born Australian residents as poor swimmers (2). This, tragically, translates into migrant communities being disproportionately represented in fatal drowning statistics, with the Water Safety Strategy identifying multicultural communities as a key area upon which to focus in order to reduce national drowning numbers. The Strategy notes that the primary risk factors in multicultural communities are 1: a lack of swimming ability, water safety knowledge and experience and 2: low levels of awareness and perception of risk.

[Read the full article here](#)



LEARN TO SWIM AND DIVE



MESSAGE FROM OUR SWIM SCHOOL

Term 2 has commenced with enthusiasm, as students return refreshed from the Easter and School Holiday break. It's been encouraging to see many swimmers engaging in our intensive School Holiday programs and Dives and Turns sessions.

As we transition into the cooler months, the importance of consistent swimming lessons becomes evident. Even brief breaks can lead to a noticeable dip in stamina and a need for skill reinforcement among young learners. Regular practice is crucial for long-term retention and confidence in the water.

Looking ahead, our focus for Water Safety Week will be on inland rivers and waterways. Students will learn to identify river currents and potential hazards, practice safe entries, and understand rescue techniques. Water safety is a year-round priority, and it's vital for children to be equipped to handle aquatic situations safely, regardless of the season.

Let's continue to prioritise skill development and safety in the water this term.

Charity Dickins - General Manager Swim Schools

IMPORTANT DATES

- 26th May - 1st June: Water Safety Week
- 2nd June - Intensive holiday program bookings open
- 16th Jun - 29th Jun: Re-enrolment open for next term - pay to secure spot
- 6th Jul: Last day of Term 2 lessons
- 21st Jul: Term 3, 2025 commences

Holiday Intensive Program

- 7th Jul: Week 1 commences
- 14th Jul: Week 2 commences

No lessons on weekends during this period.

*Swim School is closed all public holidays



WHY SHOULD YOU LEARN TO SWIM AS AN ADULT? HEAR FROM SOME OF OUR STUDENTS

A year ago, when Sunita started swimming lessons with Surrey Park Swimming, she could neither float nor swim. “What really motivated me was my daughter,” she says. “She wanted me to be in the pool with her but I couldn’t because I was so scared of the water. She’d be like, ‘Mum, come jump with me,’ and I would say, ‘Look, take your dad but don’t ask me, I can’t do it.’ Then I could see that face, you know, a disappointment in her face where she was like, ‘But I really want you to come, why can’t you come in the water?’ She was my biggest inspiration. And that is what made me start swimming.”

Joy, another adult learn to swim participant, has a story from the beach, such a huge part of Australian summers: “My big example was when I went to the beach and I was really scared in the water and my husband said...

[Read the full article here](#)



PHOTOS OR VIDEOS NOT ALLOWED AT ANY OF OUR CENTRES

Families are not to take photos or videos of their child or the other students in our lessons at any time. This is to respect the wishes of all the students and staff in the class.

We appreciate your understanding and cooperation.

STAY SWIM-READY THIS WINTER!



As the months cool down, we want to highlight the importance of continuing swim lessons throughout the winter. Consistency is key to building confidence, strength, and skills in the water—ensuring swimmers are ready to enjoy the summer safely.

Maintaining regular lessons helps prevent skill regression and keeps swimmers progressing toward their goals. Plus, our heated pools provide a comfortable environment for year-round learning. Preparation for summer starts now—let’s keep swimming!

SCHOOL HOLIDAY INTENSIVE PROGRAM

Holiday program bookings open Monday the 2nd of June!

In addition to our regular preschool, school age and private classes, listed below are our specialised classes you can book in for a week intensive program:

Aqualink additional lessons:

- Breaststroke and Butterfly skills lesson (Level 6 and above only)
- Teen advanced lesson
- Breaststroke kick lessons
- Diving lessons running all days except Wednesday
- Swimming Dives and Turns clinics (level 5+ who can somersault) - week 1 only

All lessons at Aqualink are 30 minutes (excluding development squad (Level 8) and diving)

Blackburn additional lessons:

- Blackburn tumble turns and turns lesson - (Level 6 and above only)
- All girls teen beginner lesson

All lessons at Blackburn are 40 minutes and cost \$30.00 per lesson

BOOK VIA OUR APP

CALL US ON 8899 6323

**SCHOOL HOLIDAY
INTENSIVE PROGRAM
BOOKINGS OPEN
MONDAY 2ND JUNE**

WATER SAFETY WEEK - STARTS MONDAY 26TH MAY



Our Term 2 theme is Inland waterways! Remember to wear an old t-shirt over your bathers in the water!

Educating children on the feel and experience of swimming in clothing is a requirement by the Victorian Government for swim schools, forms part of our criteria for each level, and is important to practise before it occurs in an emergency situation.

LEARN TO SWIM REMINDERS

USE OF TOILETS IN CHANGE ROOMS - BLACKBURN

To maintain a clean and hygienic environment, we kindly ask all visitors to use the toilets for all toileting needs. Urinating in the change village is not permitted. Additionally, we appreciate your cooperation in flushing the toilets after use. We kindly ask that you encourage your child to use the bathroom before their swimming lesson to help us maintain a safe and clean environment for everyone.

HEADS ABOVE WATER DURING LESSONS

We are proud of the confidence and enthusiasm of our swimmers. To ensure a safe and focused learning environment, we kindly ask students to keep their heads above water while listening to instructions and waiting at the pool edge during lessons. Thank you for your cooperation.

CHILD UNDER 10 YEARS?

Your child will not be permitted entrance without you and must be supervised for their entire lesson.

FINS FOR LEVEL 6+ SWIMMERS

Swimmers in Level 6 and above must bring short blade fins to each lesson. We sell DMC fins at our Blackburn centre and all swim school families receive 30% off.

**30% OFF
FINS AT
BLACKBURN
POOL FOR SP
SWIMMERS**



PHOTOGRAPHY AND VIDEO RECORDING IN CHANGE ROOMS

To protect the privacy of all patrons, the use of phones, cameras, or any video recording devices is strictly prohibited in the change areas at all our locations. We appreciate your understanding and cooperation in maintaining a safe and respectful environment.

PLEASE CHECK IN TO MARK ATTENDANCE

A reminder to check in via the kiosk at Blackburn or the turnstile at Aqualink Box Hill. This marks your lesson attendance in our system.

I'VE LEVELED UP! WHAT NEXT?

To ensure a smooth transition between levels, please wait for a lead instructor to confirm your child's progress before applying for a new level. Progress can be viewed through the portal, our app, or you can speak with the Lead Instructor if you have any questions. Level changes can't happen without Lead Instructor approval, and we appreciate your cooperation in following this process.



A young boy with dark hair is captured mid-jump above a swimming pool. He is shirtless, wearing dark blue swim trunks with a lighter blue pattern on the side, and a black wristband with a yellow buckle on his left wrist. His arms are raised straight up, and his legs are together. The background shows a pool with lane lines and a wall of blue lockers. A green starburst graphic is overlaid on the left side of the image.

**TAKE THE PLUNGE
DIVE INTO
LESSONS TODAY**

Twists

Turns

Jumps

Dives

FUN

**ONLY AT SURREY PARK AQUALINK
(03) 9898 8876 TO BOOK**

THANK YOU FOR A FANTASTIC TERM 1 CLUB NIGHT SERIES!

A big thank you to all swimmers who joined us for our Term 1 Club Nights in February and March! It was fantastic to see so many of you taking part – whether you were a returning swimmer or attending for the first time. A special shoutout to our Swim School and Learn to Swim Victoria students who stepped up to the challenge and got involved!

Each session focused on preparing for race day, from dryland exercises to pool warm-ups, skill development, and race practice. We hope you enjoyed the experience and took away valuable insights to support your swimming journey.

A heartfelt thank you also goes to our incredible volunteers and dedicated coaches. Your time, effort, and enthusiasm made these nights a success!

Club Nights will return in Term 4 2025, and we can't wait to see you back for more racing, learning, and fun! Stay tuned for more details later in the year!





MESSAGE FROM OUR CLUB SQUADS

Term One was as busy and exciting as ever, with school swimming taking place at both primary and secondary levels. Our club nights ran smoothly, and we wrapped up the term with an outstanding showing at the Australian Age and Open Championships.

It was fantastic to see so many Surrey Park swimmers out and about, proudly representing their schools and club. Surrey Park caps were spotted everywhere, with a strong number of our swimmers progressing from their district meets to zones, and then on to their respective state championship competitions.

We held three club nights during the term, all of which were incredibly well attended. Swimmers from our Junior Beginner, Intermediate, and Advanced squads participated, along with enthusiastic Level 7 and 8 Learn to Swim athletes. With sausages sizzling on the barbecue and both coaches and senior swimmers pitching in, the evenings were a great opportunity to build skills, improve technique, and most importantly, nurture a love for racing and for the sport of swimming.



During the Easter school holidays, the Australian Age and Australian Open Championships—the two biggest competitions in the country—took place. Surrey Park had a record number of swimmers qualify, which was a huge achievement.

It was inspiring to watch our athletes put their best foot forward in such a high-level, challenging environment. The club finished with two Bronze medals, one Silver, and several finalists—an excellent result that reflected the effort and commitment shown by all involved.

Looking ahead to Term Two, we have some exciting competitions lined up. As in previous years, we'll be attending the Warrnambool Short Course Meet over the June long weekend, and we'll also be hosting our very own Surrey Park Short Course Meet on 20th July.

Thank you to everyone who supported our swimmers throughout the term. Please continue to keep an eye on our socials for the latest updates and upcoming events.

Justin Bell - Head Coach

UPCOMING MEETS

- 18th May: Officials Club SC Challenge
- 7th Jun: Warrnambool SC Meet
- 9th Jun: Australian Swimming Trials
- 20th Jul: Surrey Park SC Meet
- 2nd Aug: Presentation Night
- 9th Nov: Surrey Park LC Meet



**Congratulations to
our first time
National qualifiers
for 2025!**







AUSTRALIAN CHAMPIONSHIPS



Congratulations to our outstanding athletes who competed in the Australian Age and Open Championships in Brisbane this April 2025. We are so proud of their hard work and achievements! A huge thank you to our parents, volunteers and coaches for your support to our swimmers.

Age Championship Athletes

Aaria W	Hayley W	Natasha K
Arika E	India C	Sierra K
Ashton C	Isabel N	Thomas G
Christopher L	Jacob C	Yuxi L
Daniel C	Jacqueline H	Zoe G
Darcy S	Judy HE	
Eamon E	Lexin Z	
Ella Y	Maisy G	
Farida T	Matilda C	
George H	Max M	

Open Championship Athletes

Alannah B	Breahna B	Owen W
Andy M	Flynn P	Riley C
Anna O	Jesse P	Skylar H
Anthony B	Nasia I	Tanin K
Anthony L	Oliver M	Thomas G



Thank you to Alison, Flynn, Simone and our members for taking and sharing their photos

Periods and swimming participation survey

Complete by
this Sunday
18/05/2025 to
go in the draw
to win a \$50
Coles voucher

Complete a short online
survey and go in the
draw to win a \$50 Coles
gift card

Scan the QR code to sign up!



Did you know that periods can affect participation in swimming?

Researchers at Deakin University have teamed up with Surrey Park Swimming to trial a guide to support participation in swimming during periods. This includes information (infographics) for swimmers to help increase knowledge and awareness on common issues identified in our research.

We need your feedback through a short (~2-5 min) survey to evaluate and improve this information and help support participation in swimming during periods.

What are the eligibility criteria to participate?

- Currently swim with Surrey Park Swimming and reside in Australia
- Female (assigned at birth) and have a period or withdrawal bleed (e.g. from hormonal contraceptives) at least every 3 months.

How do I sign up?

To obtain further information and/or to sign up please scan the QR code on this flyer.

Alternatively, you can contact the research team via email:

menstrual-study@deakin.edu.au



Managing period bleeding during sport and exercise

**SURREY PARK IS
ASSISTING DEAKIN UNI TO
HELP REMOVE BARRIERS
TO GIRLS AND WOMEN
PARTICIPATING IN SPORT!**

Managing period bleeding during sport and exercise can be challenging, but several products are available to use, with choices for heavier and lighter days of bleeding. Being prepared for your period can also help.

Tips to help avoid leaking:

- Track your period with a phone app to help predict when your next period will arrive.
- Change period products frequently, including before starting sport or exercise.
- Combine internal and external products and/or use heavier flow products.
- Carry spare/emergency products and be aware of facilities to change or clean products.
- Consult your doctor for further guidance if you need to change products every 1-2 hours due to heavy bleeding.

External products



Period underwear or swimwear

- Discrete and re-useable, suitable for most types of sport or exercise.
- Change at least every 8-12 hours (depending on flow).
- Requires rinsing and washing.
- Available to purchase online or underwear / swimwear retailers.



Sanitary pads and liners

- Disposable (requires sanitary bin) and re-useable options available.
- Change at least every 4-8 hours (depending on flow).
- Heavier flow / thicker pads may not be discrete.
- Not suitable for water activities, may not suit all types of movement.
- Available to purchase at most supermarkets and pharmacies.



Tampons

- Disposable, discrete and suitable for most types of sport or exercise.
- Change at least every 4 hours (depending on flow). Requires sanitary bins or sanitary bags for disposal. Available to purchase at most supermarkets and pharmacies.



Menstrual cups or discs

- Re-useable, discrete and suitable for most types of sport and exercise.
- Change at least every 8-12 hours (depending on flow).
- Requires washing and sanitisation.
- Can require some practice with insertion and removal.
- Available to purchase online and at pharmacies.

Internal products

What is a 'normal' menstrual cycle and period?



First period between 8-15 years

(*the length of your period and menstrual cycle can vary for a couple of years after your first period)



21-35 days long*

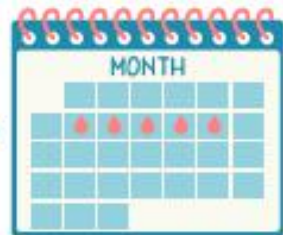
(start of your period until the day before your next period)



Period for 3-7 days*

(and bleeding/symptoms do not interfere with quality of life)

Tracking your cycle can help identify issues and plan for your period: Record the dates of your period and any symptoms in a diary or phone app (which can provide predictions for future periods).



Speak to your doctor about your period or menstrual cycle:



- If you haven't had your first period and are >15 years old.
- If you notice changes to your cycle or think you might be pregnant.
- If your period commenced but you have missed three or more cycles.
- If your menstrual cycle is not consistently occurring every 21-35 days.
- If you have heavy bleeding (e.g. changing heavy flow products every 1-2h, large clots) or bleeding >7 days that interferes with your quality of life, including participation in sport or exercise.
- If you have abnormal bleeding between periods or after sex.
- If you experience regular cyclical symptoms (e.g. severe menstrual pain, mood-related changes etc.) prior to or during your period that interferes with your quality of life, including participation in sport or exercise.

Managing menstrual cycle symptoms for sport and exercise

Menstrual cycle symptoms:

- Are experienced by ~80% of active females.
- Can be physical (menstrual pain, digestive issues, fatigue, appetite changes etc.) and/or mood-related (irritability etc.).
- Typically occur in the week before and/or during your period.
- Can influence sport and exercise participation and performance.
- May be managed through various strategies in consultation with a relevant health professional (e.g. doctor, dietitian).



EXERCISE

Can reduce menstrual pain and improve mood. Keep active, adjust training if required and/or try yoga, this may be the most effective for reducing symptoms.



NUTRITION

Eating a healthy diet and limiting intake of caffeine, alcohol, high sodium and processed foods may assist with reducing symptoms. Consult a dietitian for guidance.



DIETARY SUPPLEMENTS

Discuss with your doctor or dietitian (e.g. check safety and efficacy) some have limited evidence; fish oil, calcium, vitamins B6, D & E, ginger, zinc, curcumin.



MEDICATION

Discuss with your doctor suitability of analgesics, hormonal contraceptives and other medications to manage your symptoms.



OTHER STRATEGIES

Some evidence for acupressure or a heat pack to the tummy or back for menstrual pain relief.



Please consult your doctor if your menstrual cycle symptoms are affecting your daily activities and/or ability to participate in sport or exercise.

SURREY PARK MERCHANDISE

OUR FULL RANGE OF IN STOCK MERCHANDISE IS LISTED ON OUR WEBSITE. CLICK HERE TO VIEW

WINTER ESSENTIALS

Your winter essentials are sorted below with our Surrey Park hoodie and track pants. These are great for club swimmers to keep warm before and after training.



[Click here purchase and view hoodie sizing](#)



[Click here to purchase and view tracksuit pants sizing](#)

DECK JACKETS



As the weather starts to cool, deck jackets will help to keep you warm before and after training. They are also helpful at swim meets between races and the warm up and competition pool. [Find out more by clicking here.](#)

SWIMMING ESSENTIALS

Our Blackburn pool has a range of fun Surrey Park silicone cap colours for your swimming lessons. We also have a range of goggles, fins, ear plugs, and snacks available!

Our Navy Surrey Park cap is available to all Surrey Park Swimming members at our Blackburn and Box Hill locations. [You can also purchase online here!](#)



CHILD PROTECTION AND SAFE SPORT

Surrey Park Swimming Club is committed to providing a safe, positive, and enjoyable environment for all.

The Victorian Child Safe Standards and Swimming Australia's Child Safeguarding Policy confirm the shared responsibility everybody in the swimming community has to ensure there is an overarching culture of child safety.

Surrey Park Swimming Club has adopted Swimming Australia's National Integrity Framework. The National Integrity Framework (NIF) is a set of rules that all members of our sport need to follow when it comes to their behaviour and conduct in swimming including obligations to report misconduct. These rules are contained in the following policies:

1. Safeguarding Children & Young People Policy
2. Member Protection Policy
3. Improper Use of Drugs and Medicine Policy
4. Competition Manipulation & Sports Gambling Policy
5. Complaints, Disputes & Discipline Policy (CDDP)
6. Code of Conduct

Copies of these policies can be accessed through the [National Integrity Framework](#) page on Swimming Australia's [website](#).

Surrey Park members are required, at all times, to comply with any Child Safe Codes of Conduct which the Club may adopt. Specific additional Codes of Conduct apply for Club members participating in team camps and trips.

In accordance with Swimming Australia's Child Safeguarding Policy and the Victorian Child Safe Standards all applicants for employment at Surrey Park are required to undergo extensive screening and background checks. All paid staff, committee members, officials and other volunteers who could potentially have unsupervised contact with children are required to have a valid Working With Children Check.

[To find out more and view our policies, click here to head to our website](#)





Our Surrey Park Community

Learn to Swim, Learn to Dive, Club Squad Meets, Camps and Trips.









CONNECT WITH US ON OUR SOCIALS

Search @surreyparkswimming

Follow us to keep up to date on important information and see what our Learn to Swim, Learn to Dive, and Club Squad swimmers are up to!

If you wish to share your level up achievements, please email socials@surreypark.org.au and we can share on social media and in our newsletter!



THANK YOU TO OUR SPONSORS AND PARTNERS

Thank you to our sponsors for their unwavering support at club breakfasts, presentation nights, meets, and for our ongoing member benefits. Your continuing support is greatly appreciated.



OUR LOCAL COMMUNITY NOTICEBOARD









AWARD WINNING BROKERS
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If your local business would like to be featured, please email marketing@surreypark.org.au.

OUR LOCAL COMMUNITY NOTICEBOARD



10% discount for Surrey Park Swimming Club families.

If you're in need of paint protection, window tinting or dashcam installation for your cars please reach out to us.

SERVICES:

- ★ PPF - Paint Protection Film
- ★ Ceramic Coating
- ★ Window Tinting
- ★ Dashcam supply & installation
- ★ Dent Repair (PDR)
- ★ Rim scratch Repair
- ★ Car Panel damage repair & respray
- ★ General detailing
- ★ Maintenance wash
- ★ Ceramic coating maintenance
- ★ Paint correction
- ★ Pre-Sale detail

LOCATION:

📍 3/35 Rooks road, Mitcham 3132, Melbourne

TRADING HOURS:

🕒 Monday to Sunday

FOR QUOTES AND BOOKINGS:

☎ Call, 03 8822 5965 Riccardo & Henry

✉ Email: info@careprocar.com.au

www.careprocar.com.au



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Credit Representative 562455 of Australian Credit Licence 384704

Evolution Financial Services & Advisory

We believe in evolving with our clients' needs, offering professional guidance that is grounded in industry experience and a passion for great customer experience. Whether you are a local or an expat, we are here to help you achieve your financial goals.

Luke offers a complimentary home loan review for all Surrey Park Swimming members. This 15 minute session is designed to determine if the home loan you currently have is still the best option for you in the market.