

SURREY PARK SWIMMING NEWS



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LEARN TO SWIM STAFF TRAINING

Inclusion training was held in October for our swim teachers by industry legend, Maria Burns.

Our Teachers and Leads covered a range of topics, from reactive vs proactive teaching, boundaries and expectations, keeping students active and engaged and what to do when things don't go to plan. In addition, teachers were educated on water safety as a skill for life.

Every term we run staff training to keep our staff up to date with current industry practises, and to elevate their understanding to ensure we remain the best in the buisness.

Christmas Trees

Pre-order your Xmas tree today as there will only be a limited number of trees available to purchase on 30th of November.

[CLICK HERE TO ORDER](#)

XMAS TREES

5.5FT - 7FT \$79

HOME DELIVERY \$20
within 5km radius

*Money Raised goes towards
supporting Surrey Park Swimmers.*

COLLECTION DAY

NOVEMBER 30TH 10AM- 12PM

AQUALINK BOX HILL TOP CARPARK



LEARN TO SWIM AND DIVE



MESSAGE FROM OUR SWIM SCHOOL

As Term 4 gets underway and the weather warms up, we can feel the excitement of the approaching summer holidays! It's been wonderful to see all the smiling faces around our centres as students settle into the term.

This term our Water Safety Week focus is beach safety. Understanding how to be safe around water goes beyond just swimming skills; it includes decision-making, avoidance, and reaction strategies. In class, we will cover the following topics:

- **Managing Difficult Situations:** What to do if you're in trouble and how to help others.
- **Life Jackets:** When and how to use them effectively.
- **Identifying Rip Currents:** Recognizing rips and knowing how to respond if caught in one.

We appreciate your patience during this exam period as our teachers work diligently on their studies. We strive to maintain consistency for our students wherever possible. As we countdown to the festive season, let's all stay safe and enjoy the sunshine!

Charity Dickins - General Manager Swim Schools

IMPORTANT DATES

- 11th Nov to 17th Nov: Water Safety Week
- 18th Nov: Intensive holiday program bookings open
- 2nd Dec to 15th Dec: Re-enrolment open next term - pay to secure spot
- 22nd Dec: Last day of term 4 lessons
- 28th Jan: Term 1 2025 commences

Holiday Intensive Program

- 6th Jan: Week 1 commences
- 13th Jan: Week 2 commences
- 20th Jan: Week 3 commences

No lessons on weekends during this period.



SCHOOL HOLIDAY INTENSIVE PROGRAM

Holiday program bookings open Monday the 18th of November!

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

Aqualink additional lessons:

- Breaststroke and Butterfly skills classes (Level 6 and above only)
- Teen advanced classes
- Breaststroke kick classes
- Diving lessons running all days except Wednesday
- Swimming Dives and Turns clinics will run once again these holidays - dates to be confirmed

All classes 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 class
- Only 2 weeks of programs running these January holidays

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



BOOK VIA OUR APP

CALL US ON 8899 6323



WATER SAFETY WEEK - STARTS MON 11TH NOV

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.

PROGRESS UPDATES AND LEVELLING UP!

Our lead instructors regularly monitor all students to track their progress and ensure they advance through our levels efficiently. Each week, lead instructors follow a set schedule for assessing different levels and also handle tasks such as teacher training and operational responsibilities.



Assessments typically begin with the higher levels and progress to the lower levels over the weeks. This schedule may be adjusted based on the composition of our swimming groups, the occupancy of certain levels, and at Lead Instructor and Management discretion.

After a student is assessed, their star skills are updated on our app. To check this in our app, click account, select the child to view skills for, select "Evaluation", select the program and level, then click on the individual skill for more information. Some skills may have comments listed underneath them, specific to your child.

If you would like more information following an assessment, please speak with the lead instructor as our teachers have back to back classes and won't be able to talk long due to class supervision requirements.

COME AND FIND US AT THE WHITEHORSE SPRING FESTIVAL SUNDAY 17TH NOVEMBER

We have a booth at the festival on Sunday the 17th of November. Come and find us to join in the superhero themed fun!

Families who post and tag us in a photo on socials with our cardboard cut outs on the day go in the draw to win a free holiday program!



GET ACTIVE KIDS VOUCHERS

GET ACTIVE KIDS VOUCHER - GOVERNMENT INITIATIVE

In Term 4, Surrey Park Swimming covered the gap between the Get Active Kids Vouchers and total swimming lesson fees! If you are eligible and yet to apply for your voucher, you can still use your voucher for Term 1 2025!

Terms and conditions apply.

Surrey Park Swimming Provider Code: 2931371

Get Active Kids voucher expires 29th April 2025



Term 4 2024 only!

LEARN TO SWIM REMINDERS

NO PHOTOGRAPHY

Photography and video footage is not allowed in any of our centres. This is to protect the privacy of all staff, children and students in our program.

THANK YOU FOR COMPLETING OUR CUSTOMER SATISFACTION SURVEY!

A heartfelt thank you to all the families who took the time to complete our customer satisfaction survey last term! We truly value your thoughtful feedback, kind comments, and testimonials. Your suggestions for improvement are greatly appreciated and will help us continue enhancing our programs. Congratulations to John, our lucky winner of the free holiday program!

FINS FOR LEVEL 6+ SWIMMERS

A reminder all 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.

HAS YOUR CHILD LEVELLED UP?

Celebrate their achievement with us! Snap a photo in front of our Congratulations Banner at the Surrey Park Reception Desk, then share it to your social media and tag @surreyparkswimming. We love to share your successes and make your child's day!

Alternatively, you can email socials@surreypark.org.au and we can share for you. All photos will be de-identified for privacy. We can't wait to see the smiles and achievements!



30% OFF
FINS AT
BLACKBURN
POOL FOR SP
SWIMMERS



**TAKE THE PLUNGE
DIVE INTO
LESSONS TODAY**

Twists

Turns

Jumps

Dives

FUN

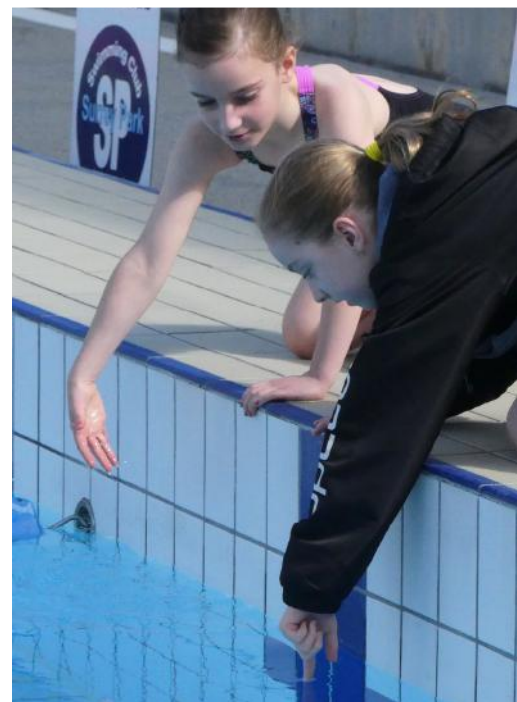
**ONLY AT SURREY PARK AQUALINK
(03) 9898 8876 TO BOOK**



Club Night

What an amazing October Club Night! We had our biggest turnout yet, with Club swimmers, Learn to Swim students, and their friends all joining in on the fun. It was fantastic to see everyone come together to share in the excitement. We hope you all had an unforgettable time!

A huge thank you to our incredible volunteers, parents, and coaches, whose energy and dedication made the afternoon run perfectly. We couldn't do it without you!







**LEVEL 7+
TO STATE
DEVELOPMENT**

Club NIGHTS

Come join us and give our Club Nights a try! Have fun practising racing skills and make new friends with our themed nights.

Mark your calendars



FRIDAY 15TH NOVEMBER

FRIDAY 6TH DECEMBER

SUPERHERO THEME

CHRISTMAS THEME

4:30PM TO 6:30PM

AQUALINK BOX HILL (OUTDOOR POOL)

NORMAL ENTRY FEE APPLIES

**SP SURREY PARK
SWIMMING**
ESTD 1904



MESSAGE FROM OUR CLUB SQUADS

The summer swimming season is upon us, and we are now diving into the long course (LC) season (50m pool). Our swimmers have begun competing in LC competitions, with recent events including the Firbank Aquastars LC Meet and the Cheltenham LC Meet, both held at Melbourne Sports and Aquatic Centre (MSAC).

We had four swimmers head up to Queensland for the Queensland Open Water Championships, where they gained valuable experience competing against some of the best in the country. Additionally, our Junior team travelled to Ballarat to participate in the Ballarat LC Meet. With over 50 swimmers in attendance, Surrey Park achieved several new State qualifications and secured first place finishes in both the male and female relays!

We had close to 200 Surrey Park swimmers showing their skills at the Surrey Park LC meet on Sunday the 3rd of November, from first-time racers to seasoned competitors! It was amazing to see so many swimmers hitting Victorian and Metropolitan qualifying times, with a fantastic personal best percentage as the cherry on top.

Congratulations to the 19 swimmers who represented Surrey Park at the Metro Junior District Championships. Their hard work paid off with an impressive haul of 9 Gold, 2 Silver, and 5 Bronze medals, including relay events.

We've kicked off our Junior Club Nights for Term Four with a successful 'bring a friend' day in October. A big thank you goes out to the coaches and the six volunteers from the National Age Performance Squad for their support and knowledge-sharing. Don't miss our upcoming Club Nights on the 15th of November and the 6th of December. These events are open to swimmers in Level 7, Level 8, Junior Squad, and State Development Squad – a great chance to race on a fun and relaxing afternoon!





We're gearing up for an exciting competition line up! On December 5th, some athletes will head to NSW for the Senior Championships, while a small team travels to the Queensland LC Championships. Back in Victoria, athletes will compete at the Victorian Age LC and Open Water Championships. Don't forget to mark your calendars for our annual Surrey Park Club Championships on Sunday, December 22nd - an event you won't want to miss!

A heartfelt thank you to our incredible parents, volunteers, coaches, and committee members. Your unwavering dedication and commitment are what make our meets and club social events truly special and successful. We couldn't do it without you!

Wishing everyone a joyous Christmas and New Year, and we are looking forward to an exciting 2025!

Justin Bell - Head Coach

UPCOMING MEETS

- 22nd Nov- Vic LC Distance Time Trial
- 23rd-24th Nov - Vic Qualifying Competition
- 6th-12th Dec - NSW Senior State Age Champs
- 14th-16th Dec - NSW Open water Champs
- 14th Dec - Victorian Age LC Champs
- 21st Dec - Vic Open water Champs
- 22nd Dec - Surrey Park Club Champs
- 23rd Dec - 2nd Jan - Training Break
- 3rd-8th Jan 2025 - State Squad training camp
- 11th Jan 2025 - Vic Sprint Champs
- 26th Jan 2025 - Metro East LC prep meet
- 9th Feb 2025 - Metro East All Junior trials
- 14th-16th Feb 2025 - Vic Open LC Champs
- 8th March 2025 - Metro East LC Champs
- 16th March 2025- Metro East District Champs
- 10th-18th Apr 2025 - Australian Age Champs



SURREY PARK MERCHANDISE

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

SUMMER ESSENTIALS

Your summer essentials are sorted below. Bucket hats, baseball hats and water bottles are available for purchase from our shop.



120 YEAR CELEBRATION RUGBY JUMPER



These limited edition rugby jumpers will sell out and not be restocked again. So jump in and order yours. Limited adult and junior sizes still available. Get in while stocks last!

NEW TRACK PANTS HAVE JUST DROPPED!



Our next generation tracksuit pants have just landed. These are great for those early morning sessions or heading home after training. Available for purchase online now. Click the image to order yours now.

COMMITTEE NEWS



SURREY PARK SWIMMING COMMITTEE NEWS

Term 4 already – how did we get here so fast!? It's been an incredible year for both our swim school and swim club, and I feel so grateful to be part of it all!

As we approach the end of the year, I want to highlight why swimming lessons are important year-round. Swimming is a life skill, not just a seasonal activity. Regular practice builds strength, refines technique, and boosts confidence in the water. Year-round lessons help children maintain progress, improve steadily, and stay safe around water.

A key highlight of our program is the smooth transition from swim school to swim club. As swimmers progress, they continue to receive support from familiar instructors and coaches, setting them up for success as they take on new challenges. If you're in Level 7 or 8, be sure to watch for our club nights – a great chance to race with our junior squads! We understand the cost of living is tough for many families (mine included), but swimming lessons are an investment in safety, confidence, and fitness that can make a life-saving difference.

It's been a big year for our club! You can catch up on all the highlights on our Instagram and Facebook pages and celebrate our swimmers' achievements.

In October, we held our AGM, marking an important moment for our community.

We said goodbye to some key committee members who have given so much – thank you! We're also excited to welcome new faces, bringing fresh energy and ideas. We're looking forward to an exciting year ahead with our new and returning committee members, dedicated to helping both our swim school and club thrive.

Did you know Surrey Park has 580 members, making us one of the biggest clubs in Victoria? What an incredible way to wrap up our 120-year celebrations and finish off a fantastic year!

As we head into the silly season, I'd like to wish you all a safe and happy Christmas. Enjoy the holidays, and remember to stay safe around the water!

Simone Wendt - Club President

COMMITTEE MEMBERS

Executive Committee

- President - Simone Wendt
- Vice President - Anthony Clements
- Secretary - Sharyn Frawley
- Treasurer - Emma Dorrat-Sims

General Committee

- Ash Lim
- Daniela Greening
- Flynn Phillips
- Jim Bian
- Jarrod Condon
- Luke Harris

SCHOOL OF O'DONNELLS

MEMBER STORIES - PART 4

Meet the O'Donnell siblings (1987-2003), the 'school' of O'Donnells, as in 'the-school-of-fish-of-O'Donnells'. Pardon?

Well, David O'Donnell swam at Commonwealth Games trials and Nationals for three years. He also encouraged his two sisters, Clare and Louise, and younger brother Mark to join him in the pool.

Louise was a serious track and field athlete, but coach Ian Pope turned her from the dark side and within twelve months at Surrey Park he had her swimming at both States and Nationals. Then, after 6 years at the Club (1996), she anchored the 4x100m medley relay winning silver at Nationals.

Then there was Clare, the third sibling, the one with very limited expectations of being a good swimmer, the junior B squad swimmer at Strathcona. 'Come to us' said brother Dave. And seeing her swim, coach Ian pronounced, 'This swimmer works so hard at training, she'll be a state champion one day.' Prophetic words and four years of training later, a 16 year old Clare won the 100m State Short course gold in a Club record time.

And the youngest, Mark? Swimming before he could walk, or so they say, joining Surrey Park at 5, and then proceeding to win Club

age group champion 6 years in a row.

And so, meet the O'Donnell siblings: one or the other was Club or Club Age champion 13 times and Club Captain 9 times. So yes, let's just say they formed a true 'school' of Surrey Park O'Donnells. Gerard O'Donnell even wrote the Surrey Park history book, "Fog on the Dive"!!



SURREY PARK SEAHORSE MASTERS



Are you interested in diving back into the pool and enjoying both fun and fitness?

The Surrey Park Seahorses Masters Swimming Club is excited to invite you to join our vibrant community of adult swimmers!

Who Are We? We are a group of enthusiastic adult swimmers ranging from former competitive athletes to beginners looking to stay active. Our club is all about promoting swimming for lifelong fitness, health, and pleasure.

Why Join Us? Fitness at Your Pace: Whether you're looking to get back into shape, maintain your fitness, or push your limits, swimming is an excellent low-impact exercise that enhances cardiovascular health, flexibility, and strength.

Stress Relief: Dive into the water and leave your day-to-day stresses on land. Swimming has been proven to reduce stress levels and improve mental health.

Social Interaction: Meet new friends and reconnect with old ones in our friendly and supportive environment. Our club hosts regular social events, swim meets, and group practices.

Family-Friendly Timing: We understand the busy schedules of parents! Our practice sessions are designed to fit conveniently into your day, with multiple time options to ensure you can find a slot that works for you.

Open Water and Bay Swims: Adventure beyond the pool with our open water and bay swims. Many of our members participate in open water competitions and enjoy regular swims in the bay every Monday night during the open water season. It's a thrilling way to experience swimming in natural environments.

Competition: For those with a competitive spirit, our members actively participate in competitive swimming events, from state-level meets to national championships and even the FINA World Championships. It's a fantastic opportunity to challenge yourself and achieve new personal bests.

How to Get Started? Joining is easy! Visit our next practice session as a guest and meet our coaches and fellow club members. We offer trial sessions for you to experience the fun first hand before making any commitments.

For session times and locations, please contact us. We look forward to swimming with you!

Website: <https://www.surreyparkseahorses.org.au/>

Email: info@surreyparkseahorses.org.au



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. Those 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.

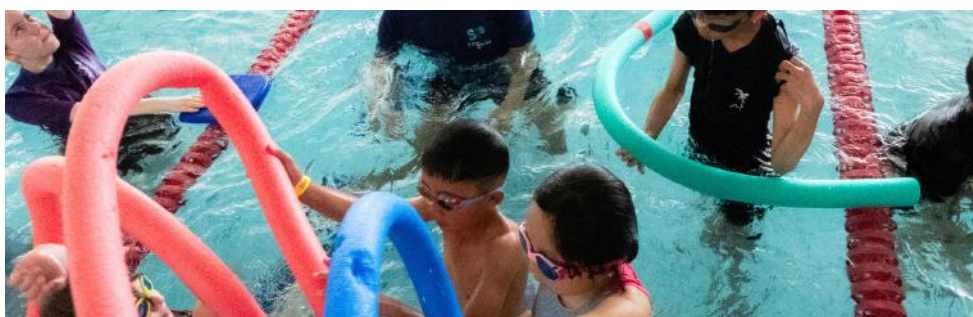
[To find out more and view our policies, click here to head to our website](#)

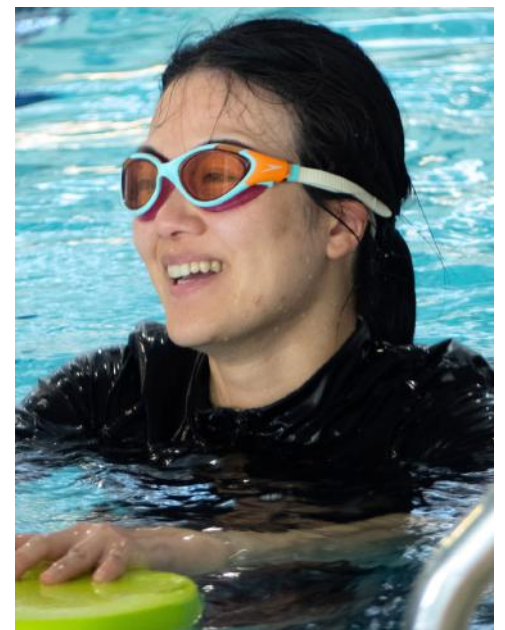




Our Surrey Park Community

Learn to swim, learn to dive, lub squad meets, camps and trips.









FOLLOW US ON OUR SOCIALS

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!



THANK YOU TO OUR SPONSORS AND PARTNERS

