

Newsletter

March 2025

Welcome

Dear WaterMarc Members, Guests, Staff, and Banyule Community Members, Welcome to the March edition of WaterMarc Banyule's Community Newsletter! As we settle into the new year, we have plenty of exciting events, updates, and initiatives to share with you.

A Busy Start to the Year at WaterMarc

Our team recently sprang into action when member Geoff Sheldon suffered a cardiac arrest. Thanks to their quick response and first aid skills, Geoff is now on his recovery journey—we look forward to welcoming him back to the gym soon. This moment was a powerful reminder of just how important first aid knowledge is.

We also had the pleasure of witnessing an inspiring moment at the Tim Buckley Belgravia Foundation Inspiration Breakfast and are looking forward to our Immersion Therapy Open Days coming up in March and April.

Looking Ahead

April is shaping up to be a big month! We're gearing up for our Good Friday Appeal fundraiser, where our dedicated staff will be volunteering their time on our non-trading day. There will be plenty happening, so be sure to visit the centre and contribute to this fantastic cause.

We're also excited to announce the expansion of our Saturday morning swimming classes, providing more opportunities for our community to learn and enjoy the water.

And finally, we have a **major development coming soon** to WaterMarc—this will be a game-changer, so stay tuned for more details!

Thank you for being part of our WaterMarc community. We look forward to seeing you at the centre soon!

Wes Hurrey, Centre Manager



Geoff Sheldon's incredible recovery

82-year-old WaterMarc gym member Geoff Sheldon will live to see his daughter walk down the aisle later this year, thanks to the swift and decisive actions of the team at WaterMarc Banyule in Greensborough.

While exercising on the rowing machine, Geoff suddenly suffered a cardiac arrest and lost consciousness. Without hesitation, the WaterMarc team sprang into action, administering CPR while emergency services made their way to the venue to continue treatment before transferring Geoff to Austin Hospital.

The team was also assisted by a medically qualified WaterMarc gym member, who provided valuable support, including helping deliver CPR and administering oxygen. Their combined efforts played a crucial role in ensuring the best possible outcome for Geoff.

As Geoff remained in an induced coma, his partner, daughter, and son flew in from around the world to be by his side. Remarkably, within 72 hours, Geoff regained consciousness—completely unaware of the dramatic events that had transpired and needing to be convinced that he had, in fact, suffered a cardiac arrest.

Thanks to the quick, life-saving response of the WaterMarc team, Geoff is on track for a full recovery and will have a pacemaker and internal cardioverter-defibrillator fitted to prevent future incidents.

Geoff actually visited WaterMarc a couple of weeks ago, and is ready to get back into workouts once he gets the all-clear from his doctor!



Read the full article here!



[CLICK HERE](#)

Tim Buckley's Moment

Eighteen months ago, Tim Buckley was bedbound, unable to move without assistance, and confined to a wheelchair after being diagnosed with terminal cancer. But through perseverance, hope, and the transformative power of Immersion Therapy, Tim has defied the odds.

Last year, Tim took the stage at the Belgravia Foundation Inspiration Breakfast, sharing how his early sessions in the water had already given him newfound strength. At that time, he had only completed a few sessions but had progressed enough to walk along the bottom of the pool—a significant milestone in his journey.

Fast forward to 2025, and Tim's progress has been nothing short of extraordinary. On Thursday, February 13th, he WALKED in front of an audience of over 200 people at this year's Belgravia Foundation Inspiration Breakfast. The moment was met with a standing ovation, an emotional and inspiring testament to his resilience and the effectiveness of Immersion Therapy.

Reflecting on his journey, Tim expressed heartfelt gratitude:

"My wife Nikki and I, we've got our life back."

His story highlights the profound impact of inclusive health initiatives, offering hope to others facing similar challenges.

Tim's incredible transformation has not only inspired many but has also motivated others to support Immersion Therapy. Asta has generously donated \$1,500 to help fund the program at WaterMarc, ensuring more individuals can access this life-changing therapy. This is in addition to Cleaning Melbourne's \$15,000 donation to Immersion Therapy late last year.



Read the full article here!



[CLICK HERE](#)

Position: Childcare Educator

This is an opportunity for a passionate childcare educator looking for a flexible role with no early mornings or evening hours.

- Immediate start
- Casual Role
- Excellent work/life balance

The Role:

The childcare worker will deliver education programs and related services for the benefit of the local community and our members. The successful candidate will:

- Provide high quality care and educational experiences in a nurturing environment.
- Build strong and collaborative relationships with children and their families.
- Ensure the health, safety and well being of all children in our care.

What you need or be willing to obtain:

- Current Working with Children Check
- Police Check
- Current First Aid & CPR Qualification
- Completed Qualification of Diploma in Early Childhood Education and Care or higher
- Referees x 2

To apply contact Rosa: rcostanzo@watermarcbanyule.com.au



Bone Health Seminar

Join Ben and Stefanie, Physios, from Back In Motion Eltham for an educational session to learn more about Bone Health

Friday 21st March, 4.30pm, Level 1 Meeting Room

Exercise Physiology

WaterMarc's accredited exercise physiologists deliver you safe and effective exercise interventions to help you reach your optimal health. Accredited exercise physiologists (AEPs) are university qualified, allied health professionals with the knowledge, skills and competencies to serve those with acute, sub-acute or chronic medical conditions, injuries or disabilities.

If you have Private Health insurance or you're currently under WorkCover, TAC, DVA or NDIS funding streams you may qualify for rebates under these compensable schemes. Pathology domains covered by the services of AEPs include:

- Kidney
- Cancers
- Metabolic
- Neurological
- Cardiovascular
- Musculoskeletal
- Respiratory/pulmonary and mental health
- Any other conditions for which there is evidence that exercise can improve the client's clinical status.

*Exercise Physiology is not included in membership fees | Terms & Conditions Apply



Esther



Louisa



Rob



Get in touch to book your appointment today!



[CLICK HERE](#)

LES MILLS SHAPES at WaterMarc!

LES MILLS SHAPES is now at WaterMarc!

From the people who brought us BODYPUMP and BODYBALANCE, Les Mills SHAPES is a 45 minute low impact strength workout inspired by Pilates, Barre and Power Yoga.

SHAPES is a moderate to high intensity class focusing on strengthening muscles, alignment and flexibility. It's all about boutique-style interval training where our participants can move either on or off the beat. We know you will love it!



Look out for SHAPES on the timetable!

[CLICK HERE](#)

Cancelling Group Fitness Classes

We understand that sometimes life happens and you are unable to attend your booked group exercise class.

To free up your space and allow other people to join in, please cancel your booking via the Active World app (up to 1 hour prior to class start time) or call reception and press option "3" and "3" again to speak with a guest experience officer. Your fellow participants thank you!



Swim School - new classes!

Exciting News! 🏊 New Saturday morning swim classes are launching at 8:00 AM starting March 22nd!

Secure your spot by contacting the Swim School office at swimschool@watermarcbanyule.com.au.

Don't miss out! 🏊❤️

GO SWIM™

Slide Hours

March Hours:

Monday-Friday: 4pm-7pm

Weekends: 9am-5pm



Youth Slide Night

Youth Slide Night is back! Friday 4th April, 6pm-9pm. Unlimited rides on the Tantrum Alley & Pipeline Slide or try your skills on the giant inflatable obstacle course! This event is for young people 10-17 years old.

Attendees need to be competent swimmers or will require adult supervision.

This event is in partnership with Banyule Youth Services.





Open Days

FREE EVENT

WATERMARC BANYULE
GREENSBOROUGH, VIC

1-3PM ON THE POOL DECK OF 50M POOL.



| MON 31ST MARCH | WED 30TH APRIL

When you get to reception say you are there for the Immersion Therapy open day and they will let you and your support team through.

☎ 0409 029 021

🌐 partnersinhealth.com.au





"The weightlessness of exercising, exercising without pain, there is nothing I don't enjoy about the sessions."

The types of goals Immersion Therapy can assist a participant to achieve are

Physical

- *Improve mobility
- *Muscle strengthening & conditioning

Psychological

- *Increase confidence & self-esteem
- *Improve health & well-being

Social

- *Increase Community Participation
- *Improve relationships & social skills



FOLLOW THE QR CODE
TO FIND OUT MORE!



☎ 0409 029 021
🌐 partnersinhealth.com.au

 **WaterMarc.**
Banyule

 Proudly managed by
belgravialeisure

SAVE THE DATE!

Good Friday Appeal Fundraiser



Friday 18th April
9am-12pm

Details to come soon!



WaterMarc™
Banyule

PROUDLY SUPPORTING



goodFriday
appeal

THE ROYAL CHILDREN'S HOSPITAL

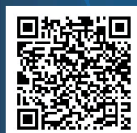
Malahang LANTERN FESTIVAL 2025

March 21-22
5-10pm

A mesmerising display of
illuminated large scale lanterns

Malahang Reserve,
Southern Road,
Heidelberg West

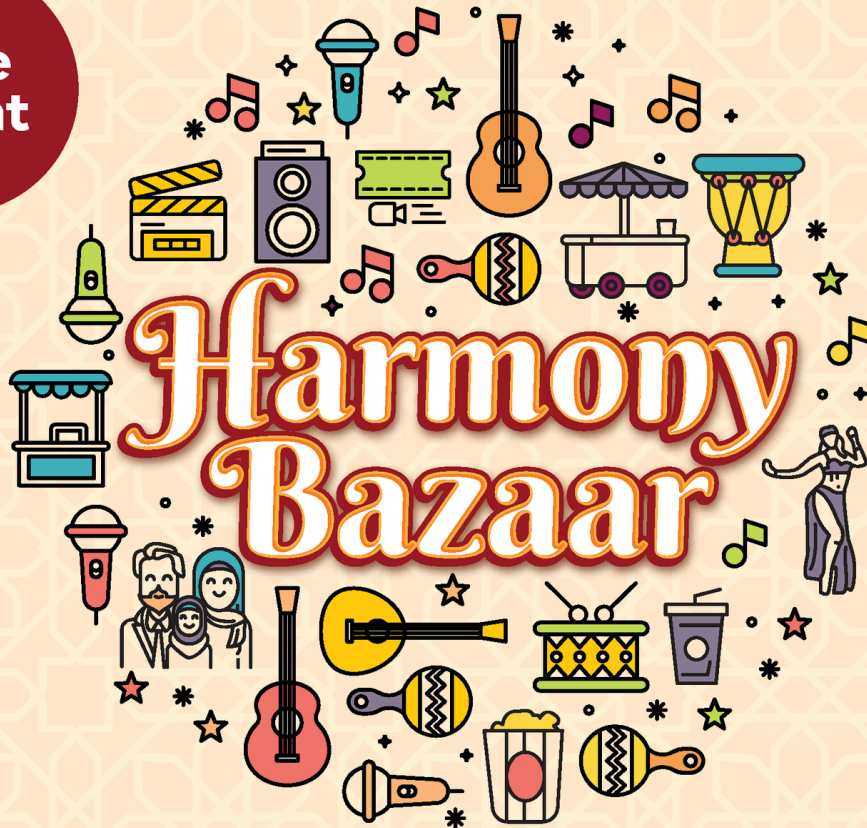
Stay tuned for updates via
banyule.vic.gov.au



Nelson
Alexander

#MalahangLanternFestival

**Free
Event**



A day to celebrate and recognise our diverse community, in the lead up to Harmony Week 2025.

Sunday 30 March

Binnak Park – 16 Anderson Pde, Watsonia Nth
(near the upper level carpark and playground)



**12pm – 3pm: Cultural Music & Dance Workshops
& Markets**

3pm – 5pm: Movie Screening - Ferdinand (rated G)
with closed captions

There will also be a selection of local food vendors on site



For more information please visit
banyule.vic.gov.au/HarmonyBazaar

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