

Newsletter

July 2025

Welcome

WaterMarc Banyule Community Newsletter – July Edition ☀

Dear WaterMarc Members, Guests, Staff, and Banyule Community, Welcome to the July edition of the WaterMarc Banyule Community Newsletter!

We're excited to share a range of inspiring updates, achievements, and upcoming events with you.

Firstly, congratulations to Pete Cooper on receiving a Highly Commended Award at the ARV Awards in May—an incredible achievement! We also extend our applause to all our other well-deserving nominees.

We're thrilled to announce that waterslide access is now included in GoSwim memberships! Be sure to chat with our Swim School team to find out how you can make the most of this fun new benefit.

A huge shout-out to Ahmed Kelly, who has officially qualified for the World Para Swimming Championships—we'll be cheering him on in Singapore this September!

We've also had some fantastic fundraising success recently:

- The DVE Swimathon in May was a record-breaking event, with participants swimming over 18,000 laps and raising more than \$7,000 for Berry Street.
- The Mercy Health Treadmill Challenge saw our community come together to raise over \$30,000 for Mercy Perinatal. An amazing effort by everyone involved!

There's still so much more to look forward to over the coming months, including World Drowning Prevention Day on July 25, our exciting Tour de France Cycle Challenge, and more events on the horizon.

Thank you for being part of the WaterMarc community—we're proud of what we've achieved together and can't wait to see what the next few months bring.

Sarah Dixon, Acting Centre Manager



Pete Cooper Highly Commended ARV Awards

A super congratulations to Pete Cooper, who received Highly Commended for Group Fitness Instructor of the Year at the Aquatics & Recreation Victoria (ARV) Awards.

In the ARV Awards, Highly Commended is a special recognition for those who stood out and just narrowly missed taking out the top award. And Pete, we couldn't be prouder!

With 13 years of commitment, passion, and infectious energy, Pete has made a huge impact on our community. Whether it's volunteering at special events, motivating members in class, or being a friendly face around the centre, Pete lives and breathes WaterMarc spirit!

We're also incredibly proud of our other ARV Award nominees — you're all winners to us!

Tarrah Delgado Hwang – Lifeguard of the Year

Grace Maxey – Swim Teacher of the Year

Ashlea Dyson – Swim Teacher (Babies, Infants & Preschool) of the Year

WaterMarc – Community Impact Award for Diversity & Inclusion Programming

Congratulations to all — and thank you for the incredible work you do every single day



The Aquatics Recreation Victoria (ARV) Industry Awards are held annually, to recognise the hard work and success of the Aquatic and Recreation Industry each year.

Reformer Pilates



Reformer Pilates is a low-impact, full-body workout. The reformer is a bed-like machine that moves back and forward and features functionalities (i.e. springs) to increase resistance as you work out.

Benefits of Reformer Pilates include: improve core strength, enhance mobility, better posture, strengthen and tone muscles, improve balance, improve coordination and more!

For \$43.90 a week, you get access to unlimited reformer classes, group fitness classes, health club access, swimming pools, spa, sauna and steam room!

Speak to our friendly reception team to update to a premium membership! You can even upgrade for a week to try it out, and if it's not for you - you downgrade back to full access straight away!

<https://www.watermarcbanyule.com.au/gym/reformer-pilates/>

**Waterslides now
included in WaterMarc's
GOSwim Membership**



GOSwim Membership Inclusions:

When you become a member of our GOSwim Program at WaterMarc Banyule, you'll be accessing these great inclusions:

- **Weekly Lessons** Enjoy weekly Swimming Lessons for 48 weeks of the year.
- **GOSwim Bag** to store your swim gear.
- Unlimited Swim Access Students enjoy aquatic access outside of lesson times.
- **Easy and Affordable Payments** with weekly payments, swimming lessons are more affordable and can be easily managed with our direct debit system.
- **Ongoing Enrollment** preventing the need to re-enrol each term and offering you a preferred lesson time.
- Summer Family Swim Access throughout the 4 week Summer break.
- **Active World App** Stay in touch with student progressions, learning outcomes and manage your membership through our integrated app.
- **PLUS, One Week Holiday Intensive Program** Get access to 5 consecutive days of lessons during our Summer holiday program in January each year.
- **Waterslide Upgrades** for all Students with an active membership*

*Students must meet the height and weight requirements to use the Waterslides. Students accounts must not be on suspension to receive Waterslide upgrades.



swimschool@watermarcbanyule.com



www.watermarcbanyule.com.au

Meet Olga!



SWIM TEACHER PROFILE

Olga - Aquatic Service Coordinator

Meet Olga!

Favourite Colour: Purple

Favourite Swimming Stroke: Breaststroke- It's Calm and Controlled, it is one of the most relaxed and rhythmic strokes, making it easier to breathe and maintain control

Fun Fact About Me: I am named after my grandmother, and the name is passed down from a Russian Queen of Greece.

Olga brings warmth, energy, and a wealth of experience to the pool deck.

As both a Swim Teacher and our Aquatics Coordinator, she loves helping students build confidence in the water while making learning fun. Her favourite part of the job? Watching progress and confidence grow! Seeing a nervous beginner become a confident swimmer, each small success, whether it's floating, kicking, or bubble breathing - feels like a big win! Be sure to say HI when you see her around on pool deck.

JULY 2025

WaterMarc's Holiday Activities

MON	TUE	WED	THU	FRI	SAT	SUN
<ul style="list-style-type: none"> Slides and Splash Park are open 10am - 5pm during school holidays Users of all programs must meet weight, height & competency requirements Slide Access is included for GoSwim Members (meet weight, height & competency requirements) 			<p>Youth slide night 6pm - 9pm</p>			
7	<p>Inflatable obstacle course 12pm - 3pm</p>		<p>Inflatable obstacle course 12pm - 3pm</p>	11		13
	<p>Inflatable obstacle course 12pm - 3pm</p>	16	<p>Inflatable obstacle course 12pm - 3pm</p>		19	

July School Holidays 2025

DVE Swimathon Success

The 54th Annual DVE Swimathon made a mighty splash at WaterMarc, uniting swimmers, supporters, and community leaders in a day filled with fun, endurance, and heartfelt purpose — all in support of Berry Street Victoria.

DVE were honoured to have the day officially launched by MPs Kate Thwaites and Colin Brooks, along with representatives from WaterMarc. Their energy and encouragement helped set a vibrant tone from the very first lap.



The Results? Nothing Short of Extraordinary.

- 🏊‍♀️ 74 swimmers participated across the 12-hour event
- 📏 A record-breaking 18,908 laps were swum – that's over 450 kilometres
- 💰 **Over \$7,000 raised for Berry Street (with donations still coming in!)**

Standout Individual Efforts: Zoe Macaulay – 1,000 laps, Evie Anderson – 724 laps, Lily Makhlin – 714 laps, Roland Van Oorschot (Life Member) – 850 laps



Many swimmers stayed in far longer than planned, fuelled by team spirit and crowd encouragement.

The day also featured, a bacon and egg BBQ for early risers, the hilariously chaotic lilo relay at 4pm, a sizzling afternoon sausage sizzle to keep everyone energised, massage therapy by Joshua Hargreaves to soothe our weary swimmers.



DVE were thrilled to be joined by: Cr Mark Di Pasquale, Ahmed Kelly, four-time Paralympian swam 60 laps and spoke to us about opportunity and resilience, Tara Kinder, elite Dolphin athlete supported us all from the sidelines and shared her training tips, and many much-loved community members, families, and volunteers!

DVE also grateful to Bakers Delight St Helena for generously donating bread, and to Sculli Bros Greensborough for supplying bananas, oranges, and eggs for our swimmers and volunteers.





"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

CLICK HERE TO LEARN MORE - <https://partnersinhealth.com.au/>



Member Chris The Raw Nerve Podcast

Have a listen to WaterMarc member and Boccia superstar Chris Brady on the MS Australia The Raw Nerve podcast! Chris speaks about his diagnosis, Wheelchair Boccia and Immersion Therapy!

CLICK HERE - <https://www.msaustralia.org.au/raw-nerve/57/>



Ahmed Kelly does it again

Congratulations to Ahmed Kelly on officially qualifying for the Para World Swimming Championships in Singapore this September 21-27!

At last month's Australian Swimming Trials in Adelaide, Ahmed's time in the final was 3:04:04 in the 150M Individual Medley Multi Class. The qualifying time was 3:14 - so Ahmed smashed that time!

Let's go, Ahmed!



Mercy Health Perinatal

Last month, Mercy Health Foundation ran the Treadmill Challenge. Funds raised from this challenge went towards Mercy Perinatal's three pillars – clinical care, research and education – to help bring every mother and baby home safely. Overall, Mercy Health raised over **\$30,000!**





WaterMarc Tour De France Cycle Challenge

Complete 21 cycle
classes this July for
your chance to win!

1st Prize 6 Weeks Premium
Membership

2nd Prize 4 x Personal Training
Sessions

3rd Prize 1 Month Gym Membership

*Must book into classes via Active World or reception and have card signed by instructor

*Visits will be verified by attendance reports

*Competition runs July 1st-31st 2025

*Complete all 21 stages/classes to enter prize draw

Texas State Visit

We were excited to host students from Texas State University for a tour of WaterMarc. The students are part of a study abroad program in Melbourne, undertaking a course titled Cross Cultural Studies in Recreation and Sport Facility Design. During their visit, the group explored the facility, including the plant room, Changing Places room, and learned about our community programs. It was fantastic to share ideas—and to now have connections in the States!



Boccia Club



Looking for a fun and inclusive sport? Come and give Boccia a go

Support staff and friends are completely welcome! We will be providing some tea and coffee.

Boccia Club will run on Thursdays 3pm-4.15pm.

Contact hgentz@watermarcbanyule.com.au or call 9422 8362 to register your interest



Outdoor Walking Group

There's a fun, **free** and easy way to feel happy and healthy. It's walking! Come along to the Heart Foundation regular walks to meet new friends and boost your health.

Every Tuesday 9.30am, meeting outside WaterMarc. To join, contact Alan 0427357661





BubblePics
Underwater Photography

Splashing into WaterMarc August 8 - 14, 2025

**Experience unique underwater
images along with instant 5"x7" prints
for only \$20 each**

**Other great products & enlargements
are also available**

**Look out for our friendly photographer
in the pool**

**Try us out, no obligation to purchase
We guarantee you will be astounded
with the unique images captured
by BubblePics Underwater Photography**



World Drowning Prevention Day 25 July

On 25 July, communities around the globe unite to mark World Drowning Prevention Day – a day to honour those lost to drowning and to take action to prevent future tragedies.

Drowning claims more than 300,000 lives worldwide each year, with children and young people disproportionately affected. In Australia hundreds of families lose loved ones to drowning every year. These deaths are preventable, and World Drowning Prevention Day is a powerful reminder that "anyone can drown, no one should."



Receive a \$100
voucher to play
at a sport club
in Banyule

Banyule Abilities Unleashed

A free, fun, and inclusive day of activities connecting people with disabilities to local sport and active recreation opportunities.

Thursday 17 July, 2025

Adults: 10 AM - 12 PM

Kids: 1 PM - 3 PM

**Banyule Nets Stadium,
2 Somers Ave, Macleod VIC 3085**

Registration links:

Click here for Adults

Click here for Kids

Contact: abilitiesunleashed@sports.org.au

This project has received grant funding from the Australian Government managed by the Australian Sports Commission.

Presented by





Upcoming Events and Important Dates!

School Holidays - **Slides Open 10am-5pm**

15th of every month - **Members breakfast 8-11am**

Thursdays - ***Wheelchair Boccia Coming Soon!***

Friday 25th July - **World Drowning Prevention Day**

August - *Share the Dignity Drive*

August 8th -14th - **Bubblepics comes to WaterMarc Swim School**

Wednesday 13th August, 12.30pm - ***Back in Motion Seminar***

Thursday 4th September, 12.30pm - ***Back in Motion Seminar***