

Newsletter

September 2025

Welcome

© WaterMarc Banyule Community Newsletter – September Edition ★

Welcome to the September edition of the WaterMarc Banyule Community Newsletter!

* A Warm Welcome to Our New Centre Manager - Renee!

August marked a new chapter for WaterMarc as we welcomed our new Centre Manager, **Renee**, to the team. With over a decade of experience in the industry, Renee brings a dynamic blend of professionalism, warmth, and a genuine passion for community engagement. Her leadership style is rooted in authenticity and fun — values that align perfectly with the spirit of WaterMarc.

Originally from Sydney, Renee is a proud supporter of the GWS Giants (yes, the orange team!), and she's also a devoted dog mum to a lively one-year-old corgi. When she's not cheering on her team or spending time with her pup, you might catch her singing along to Taylor Swift — she's a certified Swiftie through and through!

Be sure to say hello when you see her around the centre!

What's Happening This Spring?

As we head into the school holidays, WaterMarc is buzzing with activity. September brings a mix of fun and fitness for all ages, including Kayak Paddleball, the exciting GoSwim Race Day, and a range of footy-themed activities to celebrate the season.

Looking ahead to October, we're proud to host our popular Women's Only Swim Night. We're also teaming up with Visit Greensborough for a vibrant Open Day, which will be part of the Mind and Body Expo.

**** Introducing Cryo Lounges at WaterMarc!**

We're always looking for ways to enhance your experience, and we're excited to announce the arrival of Cryo Lounges at WaterMarc! These innovative recovery lounges offer a new way to relax, rejuvenate, and support your wellness journey. Curious to learn more? Flip through this edition to discover how Cryo Lounges work and why they're quickly becoming a favourite among our members.



CryoLounge+ ADVANCED RECOVERY CHAIR

Benefits of

CryoLounge+

ADVANCED RECOVERY CHAIR

- Reduce muscle soreness
- Lower inflammation
- Improve mood and clarity
- Enhance circulation



Included in Premium

Memberships - chat to our

reception team today!





Steptember Challenge



STEP INTO SEPTEMBER!

We're challenging you to get active and join our Steptember Challenge!
Every step you take brings you closer to better health—and some great prizes!
Here's how it works:

- Track your steps/movements each day using your phone or smart watch.
- Record your daily total on the gym board!
- Keep it up all month long to stay in the running for some exciting rewards!

Join us at Diamond Creek Parkrun!

As part of the Steptember Challenge, WaterMarc staff are inviting members and guests to join us on Saturday 20th September, 8am for ParkRun at Diamond Creek!

Parkrun is a free 5km run/walk event! 5km is roughly 7000-9000 steps - will be great to add to your Steptember Challenge tally!

<u>Please register via Diamond Creek Parkrun page!</u> <u>https://www.parkrun.com.au/register/?</u> eventName=diamondcreek





Feel Great Greensy = Mind & Body Fxpo



Healing

Crystals Aromatherapy Relaxation



Nourish

Healthy pantry Free smoothies Cooking supplies



Energise

Karate + Zumba Local sports clubs Fitness demos

WaterMarc Open Day with fun activities all day!

Sun Oct 12th, 10am–2pm Greensborough Walk







More info on the event here!





Every day, 51 lost and abandoned animals arrive at The Lost Dogs' Home — all in need of food, shelter, medical care, and a lot of special attention.

This October, the team from WaterMarc has signed up to Sit Ups for Strays.

We are committed to doing 51 sit ups every day in the month of October for the 51 lost animals The Lost Dogs' Home welcomes every day



SHOW YOUR SUPPORT!





More info on Sit Ups for Strays Here





✓ No experience necessary

✓ Ideal for any skill levels



Sessions are booked through Reception

03 9422 6111

www.watermarcbanyule.com.au



DUE WaterPolo

DVE Aquatic Water Polo has been active at WaterMarc this quarter holding two great events in June

- Come and Try with 20 participants
- Hosting our very first home round of the Water Polo
 Community tournament with 8 Water Polo Clubs and 200
 participants in attendance

DVE Water Polo members have again continued to be awarded Victorian state representative honours and the club is very proud of their achievements. Congratulations to:

- Water Polo Australia (WPA) U13 National Development Squad
 - Lewis Louey, Jeremiah Muhuri, Ashton Bohan, Iranda Wijayaratne, and Audrey Thomas,
- WPV U15 East Coast Challenge tournament in Melbourne bronze medallist
 - Daniel Orangi, Archie Cooper and Alexander ("Ajay")
 Puglia
- WPA National State Championships
 - U15 Alexander ("Ajay") Puglia
 - U17 Liam Niceforo

DVE Water Polo remains well represented at the state level with our head coach Jamie Osland leading a VIC squad assisted by one of senior members Spencer Beech



We thank WaterMarc for the great support on our Swimathon event which raised funds for Berry Street and DVE Aquatic

The club is always looking to welcome new players to be involved in a terrific, community sport.

If you are interested to know more or would like to try out and see what it's all about, including 2 free trial sessions, please enquire via our web page-

https://www.dveaquatic.org.au/contact-4









COME AND TRY AUSTRALIA'S MOST INCLUSIVE SPORT SUPPORTED BY WATERMARC



Anyone can play

Come along, join in and have some fun!

Get physical

Try something new and get physically active.

Meet new people

Join the boccia community!



INTERESTED?

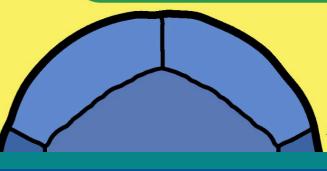
WaterMarc club runs on Thursdays 3pm-5pm

Main Group Fitness Studio - Level 1

Free! Come and try it out!

Contact hgentz@watermarcbanyule.com.au or call 9422 8362





Head to **boccia.com.au** for more info or email pathwaysvic@boccia.com.au



Ahmed Kelly - World Para Swim Championships

Ahmed Kelly again competing on the World Stage!

World Championships will be held in Singapore from September 21-27.

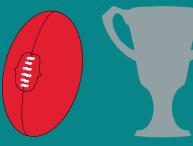


Friday before AFL Grand Final Public Holiday

Please note adjusted hours for the Public Holiday:

Gym: 7:00am to 8:00pm **Pools:** 7:00am to 7:30pm

Splash Park: 9:00am – 6:00pm **Waterslides:** 10:00am – 5:00pm



Celebrate Footy Finals!



Join us in your footy colours on Thursday 25th September BBQ - all funds raised for the Belgravia Foundation Handball Target - 12pm-2pm



DVE Stroke Clinic Development Level 22-25 September



Would you like to improve your stroke technique?

Are you interested in improving your stroke skills?

Come and join us for the DVE Stroke Clinics - Development Level

Stroke correction specialists Chow, Abbas & Amity will run the clinics with the particular focus on each stroke components. Our coaches' philosophy supports competitive swimmers of all abilities in achieving their goals. They have extensive coaching experience at the varying skills levels and enjoy working with perfecting the swimmer's stroke which allows them to improve the quality of their swimming and times in competitions.

Mon 22 Sep 5:15-7PM Butterfly Tue 23 Sep 5:15-7PM Backstroke Wed 24 Sep 5:15-7PM Breaststroke Thu 25 Sep 5:15-7PM Freestyle

\$72 per session OR \$217 for all 4 sessions

https://www.trybooking.com/DEXJX

(limited number of entrees available, be quick to secure your spot)

COME fly

Location: Watermarc

1 Flintoff St Greensborough, VIC

dveaquatic.org.au







GOSWIM

Monday 22nd Sept

TACE TACE

READY, SET, SWIM!

Join the excitement of our upcoming GOswim Race Day, on Monday the 22nd of September from 12:30pm - 3pm

To celebrate your swimming accomplishments, we're inviting our GOswim members, families and guests a chance to face off in a range of fun swimming events.

Bring along your family and friends to challenge someone to a race and enjoy the aquatic action! Visit our website or speak to our team to learn more.





Womens Health Week

From September 1–5, WaterMarc came alive with energy and empowerment as we celebrated Women's Health Week. Highlights included a vibrant belly dancing class that had everyone shimmying with joy, and a calming Sound Meditation session that offered a peaceful pause.





Exercise Physiologist Louisa also led two insightful seminars on Osteoporosis/Osteopenia and Hormone Health, sparking important conversations around women's wellbeing. Thank you to all who joined us—let's keep moving, connecting, and celebrating women's health every day!

Womens Only Swim Night

Saturday 11th September, 7.30pm-9.30pm

\$5 entry payable on arrival

Tantrum Alley and Pipeline Waterslides! Splash Park!

Warm Water Pool, Spa, Sauna & Steam Room (over 16s on

*Please note that 24/7 gym will be closed during the event

will resume at 10pm





celebrate the school holidays!
For only \$3 come along and enjoy unlimited access to the
Tantrum Alley and Pipeline Waterslides. (Ages: 10-17)

There will also be some young artists performing on Greensborough Walk!

This event is in partnership with Banyule Youth Services.





Reformer Pilates

8-Week Course - Bring Your Baby!

Rebuild strength, improve posture, and support your recovery in a relaxed baby-friendly environment. Our Postnatal Reformer Pilates classes are specially designed for new mums – and non-mobile babies are welcome to come along too!

When: Wednesdays 12.15pm

Starts: October 8th Duration: 8 Weeks

Cost \$200

For bookings and for more information call 9422 6111 or visit reception

*medical clearance required if under 12 weeks post-partum







Chair Yoga

Inclusive and Accessible Movement

Improve mobility, flexibility and posture without needing to worry about balance or getting on the floorall postures and stretches are done seated! Sessions will involve gentle poses and sequences of movement, followed by guided meditation.

When: Fridays 12.40pm

Place: WaterMarc Wellness Studio

Duration: 45mins

Cost: \$5 for non-members

For bookings and for more information call 9422 6111 or visit reception

*Carers and companions free of charge with relevant card









JULY



AUGUST



CHANTELLE

Chantelle has been recognised for her calm and professional demeanour, making a positive impact every day.

STEVEN

Steven treats everyone with respect and doesn't shy away from dealing with the hard situations that every lifeguard has to.





Upcoming Events and Important Dates!

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

Friday 19th September - Youth Slide Night

School Holidays 20th September - 5th October **- Slides Open 10am-5pm**

Saturday 20th September - Join WaterMarc at Diamond Creek ParkRun

Friday 26th September - **AFL Grand Final Public Holiday**

Saturday 11th October - Womens Only Swim Night

Sunday 12th October - WaterMarc Open Day/ Visit Greensborough Mind & Body Expo

