

Newsletter

November 2025

Welcome

Dear WaterMarc Community,

Welcome to the November edition of our newsletter! We're thrilled to share some exciting news—our Health Club is getting a major upgrade!

Starting Monday, 1 December, Level 1 will close for one day as we begin installing brand-new TechnoGym equipment, refreshed flooring, and a revitalised space designed to help you move your way and feel your best.

The gym will remain closed until Saturday, 20 December, but your fitness routine won't miss a beat. You'll have access to pop-up gym spaces, reciprocal entry at Macleod Recreation Centre and Ivanhoe Aquatic, and group exercise classes (with some location changes). This upgrade is all about creating a modern, motivating environment—just in time for the new year! Thank you for your patience and support as we make WaterMarc even better for our community.

We're also celebrating some incredible member achievements. Jess Barro and Sean de Morton conquered the Ironman 70.3 Melbourne, powering through a 90km bike ride and 21.2km run in challenging conditions. And Ahmed Kelly claimed silver at the World Para Swimming Championships in Singapore in the 150m Individual Medley S3—an amazing effort!

Christmas is the best time of year, and we have a special gift for you—a brand-new Health Club! Take time to enjoy the season with family and friends, and let's hope for some warmer weather ahead. Please also be mindful of road works around Grimshaw Street and the M80—check updates regularly before you travel.

We can't wait to welcome you into our new-look gym in December!



SOMETHING EXCITING IS COMING TO WATERMARC!

We're upgrading your Health Club to bring you a fresh new space, brand-new equipment, and an even better workout experience.

Get ready for a transformation that supports your health and wellbeing journey.

**STAY
TUNED!**



follow us on    for progress sneak peeks.

Health Club Upgrade



As part of our commitment to supporting your health and wellbeing, we're upgrading our Health Club with brand-new TechnoGym equipment, refreshed flooring, and a revitalised environment to help you move your way and feel your best.

While this happens, we've made sure you can keep up your routine all throughout December and make the most of your membership in the lead up to the holidays.

Level 1 of WaterMarc will be closed for one full day on Monday 1 December 2025, while we make some changes. The gym will remain closed until Saturday December 20.

How we've made sure you can still keep up your routine during:

Memberships will remain active throughout the upgrade

A pop-up gym set-up in 2 main repurposed spaces.

Reciprocal access to Macleod Recreation Centre (from December 1) & Ivanhoe Aquatic (from December 7).

Group exercise classes will continue with some location changes.

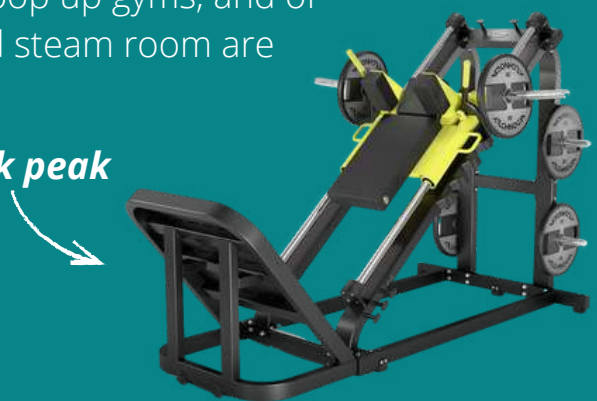
Keep an eye out on social media, in your emails for more information as it gets closer!!

Remember: during this time there will be pop up gyms, and of course our swimming pools, spa, sauna and steam room are available!

in with the new: sneak peak



out with the old!





SAVE THE DATE!

MEMBERS CHRISTMAS PARTY

FRIDAY 19TH DECEMBER

WaterMarc, 5pm–7.30pm

Featuring a sneak peak of our BRAND
new gym!!



[Early RSVP Here](#)

Group Fitness Etiquette!

Our upgraded Health Club means group fitness classes are going to be very popular! To make sure everyone enjoys their workout, please keep these tips in mind:

- ✓ Wait for the previous class to finish before entering – you'll still have plenty of time to set up.
- ✓ Store valuables in a locker and keep clear of doorways.
- ✓ Leaving early? Let your instructor know before class so they know it's not a physical issue.
- ✓ Be on time – late entry is not permitted.
- ✓ Can't attend? Please cancel your booking in Active World so someone else can join.
- ✓ First in, best dressed – no one owns a spot, equipment, or space. Let's keep it friendly!
- ✓ Complaints? Please refer them to the front desk.

Thanks for helping us create a positive and welcoming environment for everyone!



Stay Safe in the Pool!

Your safety is very important to us and while there are lifeguards on hand, we ask you to follow instructions from staff to help ensure your safety in and around our aquatic areas.

Parents/Guardians must actively supervise their children under 13 years of age. If you are not confident in the water or not a strong swimmer, please let our staff know as you enter the facility.

Watch Around Water

We follow the Life Saving Victoria Watch Around Water policies developed to educate the public about adequate supervision and encourage parents/guardians to take on this responsibility when visiting a public aquatic facility.

[Access the Policy Here](#)



Group Fitness

Your December Fitness Adventure Awaits!

While the gym gets a fresh new look this December, your fitness journey doesn't have to hit pause! We've lined up an amazing variety of group exercise classes to keep you moving, motivated, and feeling fantastic.

Looking for a cardio boost?

Hop on a bike for a Cycle or Les Mills RPM class and feel the rush of high-energy beats while torching calories. Prefer to punch it out? Boxing is a knockout choice for cardio and stress relief!

Want to build strength?

Challenge your muscles with Circuit Training or BodyPump. These classes are designed to tone, sculpt, and make you feel stronger than ever. Need mobility and core power?

Don't underestimate the challenge of Pilates, Yoga, or BodyBalance. These classes improve flexibility, balance, and core strength—perfect for enhancing overall performance and preventing injuries.

Why Give These Classes a Try?

- Stay consistent: Keep your fitness routine alive while the gym is closed.
- Discover something new: You might find your next favorite workout!
- Boost motivation: Group energy is contagious—train with friends and have fun.
- Total-body benefits: Cardio, strength, mobility—there's something for every goal.

So, while the gym gets its makeover, make December your month to explore, sweat, and smile. Check the timetable, grab your spot, and let's keep the momentum going!

[Access the Group Fitness Timetable Here](#)



Go Swim News



GOswim lessons will break at WaterMarc from Monday 22 December 2025 and return on 19 January, 2026.

Parents and GoSwim Members may receive a class cancellation email for regular weekly lessons which fall on dates during our summer break. We do this so it will reflect correctly in the schedule via the Active World app. Regular lessons will resume as normal from Monday 19 January 2026.

GOswim memberships will continue over the summer break, giving you 4 weeks family swim access and bonus access to the summer holiday program.

Congratulations to Sam, our well-deserved Teacher of the Month!

Sam's calm confidence, dedication, and ability to connect with swimmers of all ages truly stand out. The feedback from families has been full of praise, highlighting how safe, supported, and excited his students feel in every lesson.

Sam, it's fantastic to see the positive impact you're making—thank you for inspiring confidence and joy in the water!



Student Spotlight - Vivienne!

We are thrilled to celebrate Vivienne's incredible achievement!

Vivienne began her swimming journey at WaterMarc when she was 8 months old and has shown unwavering dedication ever since.

After 8 years of hard work and commitment, she has successfully completed the final level of our GOswim program. To mark this milestone, Vivienne received a special certificate recognizing her completion of the entire program.



Congratulations Vivienne! You are an inspiration to all of our swimmers!

Melbourne Ironman

WaterMarc Cycle Instructor Jess Barro and member Sean de Morton took on the Ironman 70.3 Melbourne on November 8th.

☔ While the swim leg was cancelled due to water quality in the bay, they still powered through a 90km bike ride and a 21.2km run—all in classic Melbourne rain and wind! ☁️

👏 Massive congratulations to both Jess and Sean—what an incredible effort!

And there were quite a few from Greensborough Tri Club who competed! 🌟

💬 Did you or someone you know take on a big challenge recently? We'd love to hear about it— please email us or send us a social media message!



Ahmed wins Silver

Huge congratulations to Ahmed Kelly! 🏆

In early October, Ahmed delivered a stellar performance at the World Para Swimming Championships in Singapore, claiming silver in the 150m Individual Medley S3 with a time of 3:04.29!

It was a busy week in the pool for Ahmed, who also competed in the 50m backstroke and 50m freestyle S3 events — just narrowly missing out on a finals spot. 🏊♂️⚡

This marks Ahmed's 4th appearance at the Para Worlds, a testament to his incredible dedication, resilience, and passion for the sport. 🌟👏

Awesome work, Ahmed — a legend in the sport 🙌



We're doing Movember!

Movember statistics highlight a global men's health crisis, with men dying an average of 4.5 years earlier than women, primarily due to preventable causes. Key statistics include: men dying by suicide at a rate of one every minute globally, prostate cancer being the most common cancer in men in Australia, and testicular cancer being the most common cancer in young men. Additionally, 7 in 10 Australian men are overweight or obese, and 41% of men in high-income countries don't get enough exercise.

🧑 Support Movember & Help Change Lives!

WaterMarc is taking part in Movember to raise awareness for:

💙 Mental health & suicide prevention

🩺 Prostate cancer

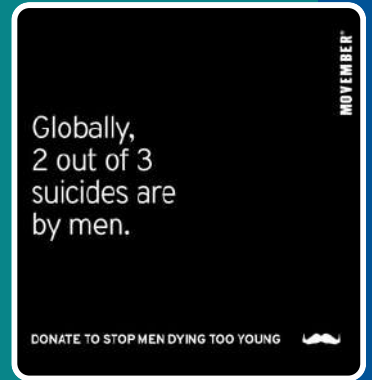
⚽ Testicular cancer

[Join our Movember Team Here](#)

We're growing mo's, setting fitness goals, and joining millions around the world to help men live happier, healthier, longer lives.



MOVEMBER®



Grimshaw Street/M80 Works

From 9pm, Friday 7 November to mid December, Grimshaw Street will be closed on the other side of Greensborough Highway, in sections between Watsonia Road/Macorna Street and Greensborough Bypass.

We encourage everyone to check traffic conditions before you leave for your destination, and to routinely check the Victoria's Big Build website for updates.

[Check the Build Updates Here](#)



16 Days of Activism against Gender-Based Violence

The United Nation's international campaign 16 Days of Activism Against Gender-Based Violence, takes place each year from 25 November (International Day for the Elimination of Violence Against Women) until 10 December (International Human Rights Day).

We all deserve to be safe, equal and respected. More than 1 in 3 women have experienced violence from men.

[More information Here](#)

RESPECT VICTORIA

International Day of People with Disability



International Day of
People with Disability

IDPwD is a United Nations Day recognised around the world on 3 December. The day promotes awareness, understanding and acceptance of people with disability.

Celebrate with WaterMarc Classes:

All Abilities Dance - Main Group Fitness Studio - Tuesdays 4pm

All Abilities Aqua Dance - Warm Water Program Pool - Wednesdays 10.30am

Boccia - Main Group Fitness Studio - Thursdays 3pm

Immersion Therapy - contact to book in and enquire!

Immersion Therapy is an innovative exercise-based therapy where freedom of movement is achieved for everyone in a weightless underwater environment. Immersion Therapy is award-winning, and evidence based with services utilising SCUBA equipment to create unique, individualised experiences tailored to meet the diverse needs and goals of participants.



[More Immersion Therapy Information Here](#)





Have your say!

Customer Service Quality Survey

[Access the survey here!](#)



University of
South Australia



WaterMarc
Banyule



belgraveleisure

Banyule Gift Drive!

This year we will again be supporting the Banyule Children's Gift Appeal in partnership with Diamond Valley Community Services.



Help make Christmas a little brighter for children and families in need by donating:

- Gift vouchers
- Unwrapped new toys
- Financial donations

The donation bin can be found on Ground Level right next to the entrance of the pools.



Lockers

- Keep Your Belongings Safe!*
- Members – your wristband gives you access to lockers*
- Guests – lockers are available for just \$4 casual use*

Please use a locker every time you visit. Let's work together to protect our belongings!



Boccia

Join us for FREE Wheelchair Boccia!

Whether you're new to Boccia or just curious, this is a great chance to try a sport designed for all to enjoy!

Main Studio, Level 1 – WaterMarc

JUL 17 Thursday afternoons | 3:00pm – 5:00pm

Bring your support staff, bring a friend – everyone's welcome!



★ ★ STAFF ★ ★

MEMBER

OF THE MONTH

SEPTEMBER



BEN

Ben is always positive, always ready to help, and always up for a challenge!

Thanks for bringing your energy and kindness to the team and in the gym every day.

OCTOBER



TARRAH

She handles complex interactions and incidents with ease, and leads by example when training in the gym—training hard, tidying up, and always leaving the space better than she found it.

VISIT GREENSBOROUGH PRESENTS

Twilight XMAS MARKET



GIFT SHOPPING



LIVE MUSIC



FOOD TRUCKS



KIDS ACTIVITIES



AWKWARD PORTRAITS



SANTA PHOTOS

Friday Dec 5th, 3pm-8pm



Greensborough Walk
& WaterMarc Carpark





Upcoming Events and Important Dates!

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

Monday 1st December - *Gym Refurbishment starts*

Friday 5th December - **Twilight Christmas Market**

Friday 19th December - ***Members Christmas Party - Save the Date!***

Saturday 20th December - **BRAND NEW HEALTH CLUB OPENS**

Thursday 25th December - **Christmas Day - Closed**

Friday 26th December - **Boxing Day - Public Holiday Hours**