



Most mornings you'll see Paralympic Gold Medallist Matt Levy swimming laps in the outdoor pool with our swim coach Stephen Badger not far from his side.

Matt has been coached by Stephen for nearly two years and has achieved a long list of personal bests (PBs), world records and awards in that time, adding to his already large collection of Paralympic medals.

Their success as a team has been celebrated by Swimming Australia who named Matt their Paralympic Swimmer of the Year and Stephen as Paralympic Coach of the Year in September.

Matt, a S7 category swimmer who has cerebral palsy and vision impairment, said: "I'm honoured to receive this award and get this recognition from Swimming Australia. I hope that my achievements encourage others to pursue their dreams – with hard work and determination, anything is possible."

Stephen said: "I'm happy that Matt has finally won this award. It's wonderful recognition of the effort that he has put in. For myself I feel proud that Swimming Australia consider my work with him deserves such an honour."

## POOL'S AWARD-WINNING DUO

Matt has competed at four Paralympic Games in Athens, Beijing, London and Rio, winning a total of two gold, one silver and four bronze medals. He's also won numerous medals at five World Championships and countless Nationals, and been awarded the Order of Australia (OAM).

But his achievements this year – including several PBs and world records – are made all the more remarkable by the fact Matt had to undergo emergency surgery in November 2017 to fix a blocked ventriculoperitoneal shunt - a medical device that relieves pressure on the brain caused by fluid accumulation.

Following the operation, 31-year-old Matt had to spend several months rebuilding his strength and technique, with help and guidance from Stephen.

Just five months after being able to resume training he took home five gold and a silver medal from the Para Pan Pacs in Cairns,

recording PBs in the 400 freestyle and 200 IM.

Matt and Stephen were also finalists in the NSW Institute of Sport Awards and Matt was nominated for NSW Sportsman of the Year.

"Matt is one of the most professional and dedicated swimmers I've ever worked with," said Stephen, an Olympic swimmer who's been coaching at the Pool for more than 30 years.

"Matt never complains about the water being too cold or being too tired; he trains hard in and out of the pool, watches what he eats, make sure he gets enough sleep, and that's why he's still achieving personal bests and breaking world records."

Matt and Stephen have now got their sights set on the 2020 Tokyo Paralympics. Matt said: "I will be training hard for the 2020 Paralympics and we also have the Worlds in 2019 which is very exciting - so it's going to be a busy two years!"



# New Years Eve at the Pool

Every New Years Eve, we hold a Family Fun Night here at North Sydney Olympic Pool. Tickets have now sold out for this year's event, which runs from 6pm until 9.30pm.

Before the event, the Pool will be open to the public on New Years Eve from 5.30am to 3.45pm, when it will close for preparation of the ticketed Family Fun Night.

If you plan on coming for a swim at the Pool during the public opening hours on New Years Eve, please be aware that from 8am you will have to enter via the managed access gate at

Bradfield Park where there will be bag checks in place and potentially long queues. If the Police deem Bradfield Park to be full and close it, there will be no access to the Pool, except for Family Fun Night ticket holders.

This year's Family Fun Night promises to be another exciting extravaganza for all ages, with plenty of pool inflatables for everyone and CircusWorks' entourage of crazy face painters and entertainers. There will also be a roaming band to entertain us in the grandstand before watching the 9pm fireworks display presented by the City of Sydney.

If you are a ticketholder and would like to purchase a food hamper from Ripples Café for the Family Fun Night, please call Aqua Dining on 9964 9998.

Unfortunately, we do not have a waiting list for this event and no more will be released. If you would like more information about any future events, please call the pool reception on 9955 2309 and we will be happy to assist.

**Have a Safe  
& Happy New Year.**



## FROM THE FACILITY MANAGEMENT AND STAFF

Hello and a very warm welcome to the North Sydney Olympic Pool and Lane 9 Gym newsletter. The weather has finally started to warm up and summer is coming! The pools are looking as inviting as ever, so it's time to slip, slop, slap and come down for a refreshing swim.

Since the last newsletter there have been some staff changes. Naomi went back to Holland while Doug and Andrea moved on to new pastures. We do have some new lifeguards looking after you - Val and Nick (yes, another Nick), and in reception we welcome back Sharon who has returned from Melbourne, as well as Holley and Kirsten. Our lovely receptionist Lucia is about to go on maternity leave and we wish her all the best.

I would also like to give a big shout out to Operations Coordinator Scott who successfully competed in the Kona Ironman again this year after months of dedicated training and preparation, earning a new PB. Scott is presently on well-deserved annual leave but don't worry, we will have a story about his latest achievement in the next LapTimes for you.

As part of the facility's management team, I am always excited to bring you LapTimes and thank all our staff – including North Sydney Council staff, Badger Swim School and Swim Clubs – as well as our customers who have provided valuable input.

We would also like to thank all of our fabulous patrons who come here to exercise, learn to swim or just relax by the pool, for all your support over the past year. Our wonderful pool community is part of what makes North Sydney Olympic Pool such a special place to work – that, and the amazing views of course!

We always welcome customer feedback so please do not hesitate to talk to any of our friendly staff. We hope you enjoy our newsletter as much as we enjoy bringing it to you.

From all the staff here at the North Sydney Olympic Pool and Lane 9 Gymnasium, we wish all our customers a safe and happy Christmas and New Year.

We look forward to seeing you in the new year.

Yours in health, Cosi



# Lotte Wilms' OLYMPIC Dreams



I began to miss competing in sport full-time, but thought those days were behind me. I started running for fun and completed some half marathons in Sydney. My old swimming mates were impressed with my finish time and suggest I try triathlon. I just thought why not, and tried my first triathlon – in Kurnell in November 2017 – and loved it.

"I've now completed 12 triathlons - four local races in NSW and eight races at international level, including the World Cup in Mooloolaba Queensland - and enjoy the versatility of the race. When I started achieving good results, I realised that just because I'm 34, that doesn't mean I can't compete any more. I got inspired by other athletes aged over 30 and saw that you can compete at any age – I've still got a lot to give and my best days as an athlete to come."

Lotte was selected by the Dutch Triathlon Federation in March 2018 to represent Holland at the International Triathlon Union World Cup in Mooloolaba, New Plymouth, Melbourne, Rotterdam, Antwerp, Tongyeong (South Korea) and Miyazaki (Japan).

She is currently ranked in the top 200 globally and 4th for Holland in triathlon, but needs to rank in the top 140 in the world and compete well at upcoming international selection events in order to qualify for 2020 Olympic Games.

"It will take a lot of hard work and endurance to get to the Olympics but I believe I can do it – I love a challenge and to push my boundaries," said Lotte, whose Australian partner is supporting her all the way. "I couldn't ask for a better support network – my family, partner and everyone here at the Pool has really got behind my dream to win an Olympic medal."

As well as training, Lotte is working hard to fund her 2020 Olympic dream and has a gofundme page where you can learn more about her journey.

We're a sporty lot down here at the Pool, with many staff having competed professionally in the past or still racing in their spare time.

But Lotte Wilms, our receptionist, might be our first staff member to win an Olympic medal while working at the Pool.

Lotte, a professional swimmer from Holland who won medals at the Dutch Championships before moving to Australia five years ago, is currently training hard to qualify in triathlon for the Olympics in Tokyo 2020.

When she's not working at the Pool, Lotte spends 30 hours in triathlon training every week, making sure she is in peak physical condition.

She said: "After finishing my swimming career and moving to Australia,

## JOIN THE BADGER SWIM SCHOOL

The Badger Swim School has been serving the needs of the North Sydney swimming community here at North Sydney Olympic Pool for more than 30 years.

The Badger Swim School follows the NSW public school timetable and bookings are now open for the summer holidays and the first term next year. The Badger Swim School offers six-week-long summer holiday programs and four terms a year, between nine and 11 weeks

long. There are also two-week-long holiday programs that run between the school terms.

The programs cater for all ages, from six months up, and for all swimming abilities, from complete beginners to advanced levels.

The classes aim to make sure our community is swim safe and to make learning to swim fun. There are also courses to help improve technique and endurance.

To find out more and to book a class, please visit [www.badgerswimschool.com](http://www.badgerswimschool.com) or call 9966 1551. Alternatively, drop by the office situated inside North Sydney Olympic Pool.

Please be aware that Badger Swim School lessons do not cover the cost of pool entry. North Sydney Olympic Pool charges all adult entrants and children over the age of five for pool entry.

## Australia Day fun at the Pool!

Join us at the Pool for a Family Fun Day full of activities for all ages this Australia Day.

We'll be celebrating our beautiful country with lots of free entertainment for all the family between 11am and 2.30pm on 26 January, including face painting, music, roaming entertainers and, of course, inflatable pool equipment.

Standard pool fees apply and after enjoying a relaxing swim or a run on our inflatable pool obstacle course, there's more music and

entertainment on offer next door at Council's free BBQ by the Bridge event in Bradfield Park.

You'll also be in a prime spot to watch all the Australia Day festivities on Sydney Harbour, including the Gun Salute and the iconic Ferrython, tall ships and flotilla parade.

So come and join all the fun and celebrations on the harbour foreshore here at the Pool.

Happy Australia Day!



# LANE 9 GYM

## WELCOMES NEW STAFF

Meet our newest recruits to the team at Lane 9 Gym - Peter, Yvette and Amy!

Peter has a passion for health and fitness, having played elite level tennis all of his life. This led him to undertake a Bachelor of Sport & Exercise Science at UTS and he is now also a Qualified Gym Instructor (Certificate 3 in Fitness) and a Level 1 Strength & Conditioning Coach with the ASCA. Peter is currently working as a Strength and Conditioning Coach with the Northern Suburbs Rugby Club Colts and has previously worked with athletes in kayaking and tennis.

Yvette is also an experienced personal trainer with a Bachelor of Human Movement and Personal Trainer Certificate IV. She is passionate about helping clients reach their health and fitness goals through personalised and time-efficient programs. Yvette has helped her clients achieve great results by offering motivation, support and a simple approach to nutrition and strength training. Yvette has a strong background in women's health, particularly with chronic illness and rehabilitation.

Both Peter and Yvette look forward to getting to know all of our members and helping you achieve your health and fitness goals.

We also welcome Amy - Lane 9 Gym's new Pilates instructor. Amy is a motivated, passionate and professional Pilates instructor who is bringing new routines to our Pilates classes. Pilates is a toning class with a focus on muscle strength and flexibility. Our Pilates mat classes utilise breathing techniques and exercises specific to core strength and stability. Amy will be teaching the Monday 6.30am class. We provide all of the equipment - come along and give it a try!

## GYM AND AEROBICS SURVEY

Thank you to everyone who participated in our recent survey on Lane 9 Gym and our aerobics program. We are currently assessing your feedback which will help us plan programs that suit your needs. If you missed out on completing the survey, you can talk to any of the gym floor staff at any time. Your feedback is greatly appreciated.

## DEEP AQUA

Our Deep Aqua classes are back for the summer season, with classes at 8am on Monday and Thursday mornings and at 7pm on Tuesday and Thursday evenings. Deep Aqua is a fun and enjoyable class that uses the resistance of the water to build strength. There is no impact on the joints and it is suitable for all fitness levels. Come and give it a try.

## YOGA ON THE SUN DECK

Now the weather is warming up, we will be moving our Wednesday morning Yoga classes with Denise outside. Join us on the Pool's sun deck at 6.30am for some sun salutations and shavasana while enjoying a spectacular backdrop of Sydney Harbour Bridge as the sun rises over the water. There aren't many better ways to start the day! All outdoor classes are weather permitting. If it is inclement weather, the class will move inside to Lane 9 Gym.



## NSW OCEAN SWIMS

### December 2018 to February 2019

If you are bored with travelling up the black line and want a new challenge, why not make an ocean swim your next adventure.

Exercising in natural environments has been shown to have amazing benefits for your health and mental wellbeing. Ocean swims combine the benefits of exercising with the restorative effects of being in nature. Swimming in the ocean can be relaxing, work different muscles, reduces stress and can be meditative.

We have listed a few swims for you to choose from below. If you would like further information, check out the flyer stand at reception or visit [www.oceanswim.com](http://www.oceanswim.com).

#### DECEMBER 2018

- 15 Saturday – Vladswim Challenge Balmoral Swim, 10km, 5km, 2.5km swim.
- 16 Sunday – Chieftands Challenge, Monavale to Warriewood, 3.4km Run - Swim - Run.

#### JANUARY 2019

- 6 Sunday – Newport Pool to Peak Ocean Swim - 2km and 800m swim, 400m swim for youngsters.
- 6 Sunday – Captain Christie Ocean Swim, Gerringong Boat Harbour to Warri Beach, 1.8km.
- 6 Sunday – Yamba Ocean Swim, 2km, 700m and 250m dash for cash.
- 13 Sunday – Bilgola Ocean Swim, 1500m and 800m swim.
- 13 Sunday – North Bondi Roughwater Ocean Swim, 2km and 1km.
- 20 Sunday – Warriewood to Monavale Ocean Swim, 1.6km swim.
- 20 Sunday – Tathra Wharf to Waves Ocean Swim, 1200m and 600m swims.
- 26 Saturday – Newcastle Harbour Swim Classic, 1.4km and 700m swim of Hunters River.
- 26 Saturday – Newcastle Harbour Swim Classic, 1.4km and 700m swim of Hunters River.
- 26 Saturday – Sydney Harbour Splash Swim, 5km, 2.5km and 1km swims.
- 27 Sunday – Nobby's to Newcastle Ocean Swim, 2km swim.
- 27 Sunday – Big Swim Palm to Whale Beach, 2.5km swim.

#### FEBRUARY 2019

- 3 Sunday – Cole Classic Ocean Swim Manly, 5km, 2km and 1km.
- 3 Sunday – South Maroubra Clearwater Classic Ocean Swim, 2.5km, 1km and 500m swims.
- 3 Sunday – Shark Island Ocean Swim, 2.3km swim.
- 10 Sunday – North Bondi Classic Ocean Swim, 2km and 1km swims.
- 10 Sunday – Murray Rose Malabar Magic, 2.4km and 1km swims.
- 22 Friday – Husky Ocean Swim, Huskisson Beach, 1km swim.
- 24 Sunday – Bondi Bluewater Challenge Ocean Swim – 2.1km and 1km swim, and 4km beach run.

# SWIMMING STARS MAKE A SPLASH AT THE POOL!



A host of swimming stars including Cate Campbell helped launch the 2019 Australia Swims campaign here at the Pool on Monday 3 December.

The campaign calls for Australians to make a pledge to swim a distance of their choosing between 19 and 28 January, with all completed swims combined to create a virtual swimming lap around Australia.

Following the success of the inaugural event last year where swimmers exceeded the goal by over 4,000kms by clocking up 39,113kms in total, the Australia Swims challenge takes on a new component this year.

The competitive nature of the nation will be on show with teams pitted against each other for the first time to see which swim tribes can top the nation's leader board for the most kilometres swum during the campaign.

Last year's event saw nearly 700 registered swims take place around Australia. Each team will have a captain and a charity cause connected to it, allowing Australians to make a choice on which team to pledge their swims to.

And we hope to see some of you complete your pledged swims down here at the Pool.

Swimming Australia Chief Executive Officer Leigh Russell said: "Appealing to the competitive edge of Australians and to have teams go head-to-head brings a whole new level of excitement to the Australia Swims campaign. Swimming is really unique as it is a life-skill, a sport and a recreational pastime. It knows no barriers and anyone can give it a go. Swimming is also a great way to get active and we want to support the Sport Australia Move It AUS campaign and encourage Australians, of all backgrounds and abilities, to find 30 minutes a day to be physically active.

"Whether you are going to swim 100 metres or 5 kilometres, we want to encourage everyone to pledge their swims and celebrate their love of the water during this period. Our goal is for Australians to reconnect to their love for swimming and inspire people to participate and share their experiences, whether that be through social media or just by having fun with friends and family," concluded Ms Russell.

During the event period there will be several marquee events happening around the country, including many activities on Australia Day such as the Sydney Harbour Splash.

For more information head to [australiaswims.com.au](http://australiaswims.com.au) where you can pick a team and pledge your distances.



# Recognising a Heart Attack

The Heart Foundation has issued guidelines on how to recognise a heart attack. This does not constitute medical advice so please consult your GP if you have or suspect you have a health problem.

If you are feeling unwell while at North Sydney Olympic Pool, please notify a staff member or get someone else to notify staff for immediate attention.

## • Warning Signs

There are many warning signs of a heart attack. You may have a combination of them or just one. Symptoms can come on suddenly or develop over minutes and get progressively worse. The symptoms usually last for at least 10 minutes and include:

1. Discomfort or pain in the centre of your chest. It can feel like heaviness, tightness or pressure. People who have had an attack often say it is like "an elephant sitting on my chest". This discomfort may also spread to different parts of your upper body, shoulders, arms, neck, jaw and back
2. Shortness of breath
3. Nausea
4. Clammy, cold sweat
5. Light headed and dizziness

## • No heart attacks are the same

If you have suffered a heart attack previously, you may have different symptoms the second time. Symptoms also vary from person to person.

## • What to do

1. Stop – Stop what you are doing and rest
2. Talk – If you are with someone, tell them how you are feeling
3. Call Triple 000 - Ask for an ambulance and don't hang up. The operator will give advice and assist you.

## • Act Quickly

Knowing the warning signs and symptoms and acting quickly can reduce the damage to your heart muscle and increase the chance of survival. Call Triple Zero (000) and ask for an ambulance. If Triple Zero (000) does not work from your mobile, try dialing 112.

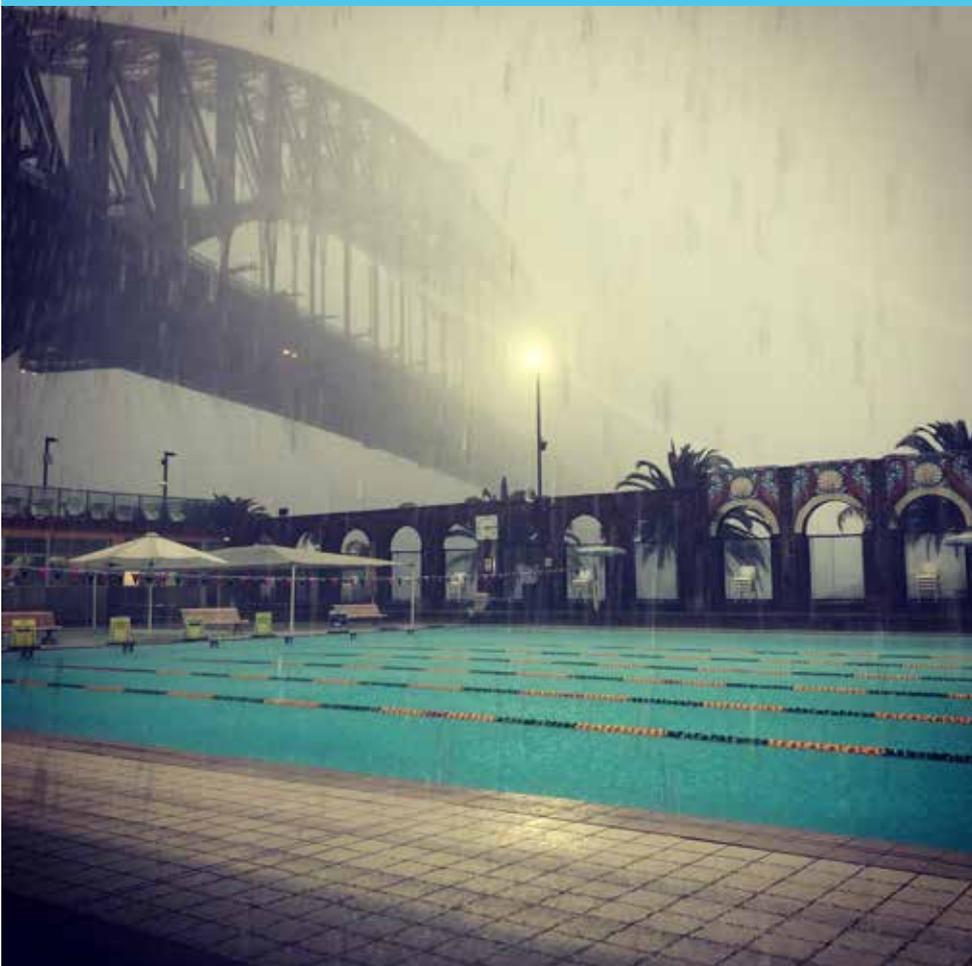
## • Be Prepared

1. Know the signs and what to do
2. Have an action plan and keep it handy
3. Make sure you have ambulance cover
4. Tell your family and friends about the signs and symptoms and what to do. Don't keep this message to yourself

5. Help prevent an attack or another attack by taking steps to reduce your risk. Remember to talk to your GP

## • Why is a Heart Attack an emergency?

When it comes to heart attacks, every minute counts. Too many people lose their lives because they have not called Triple Zero (000) for an ambulance. Getting to hospital quickly can reduce the damage to your heart muscle and increase your chances of survival. Ambulance paramedics are trained to use special lifesaving equipment and start early treatments for heart attacks. It is the safest and fastest way to get to hospital, getting you medical assistance straight away. Trying to get to hospital quickly in a private vehicle can be dangerous for everyone and delays early treatment. Remember it is always better to go to hospital and be told you are not having a heart attack than to stay at home until it is too late. Call an ambulance as treatment starts as soon as you call.



Even during torrential rain, our beloved Pool still manages to look spectacular. Operations Coordinator Kirsty took this photo during the recent storm on 28 November. We had to briefly close the outdoor pool for safety reasons but soon had it open again for our dedicated swimmers!



# HOURS OF OPERATION

## Christmas/New Year



Monday	- 24 December	5:30am - 6pm (early close)
Tuesday	- 25 December	Closed
Wednesday	- 26 December	7am - 7pm
Thursday	- 27 December	5:30am - 9pm
Friday	- 28 December	5:30am - 9pm
Saturday	- 29 December	7am - 7pm
Sunday	- 30 December	7am - 7pm
Monday	- 31 December	5:30am - 3:45pm (early close)

\*Special event 'Family Fun Night'  
 Tuesday - 01 January 6pm - 9pm (ticket entry only)  
 Wednesday - 02 January 8am - 7pm (late opening)  
 5:30am - 9pm

### AEROBICS (aqua and land based)

Aerobics (wet and dry) will operate on a modified timetable between 24 December and 1 January. Please turn overleaf for this timetable. Our normal timetable and centre hours will resume as of Wednesday 2 January 2019.

### CRECHE

The creche facility will be closed between Wednesday 26 December and Monday 31 December inclusive. Reopening Wed 2 January 2019.



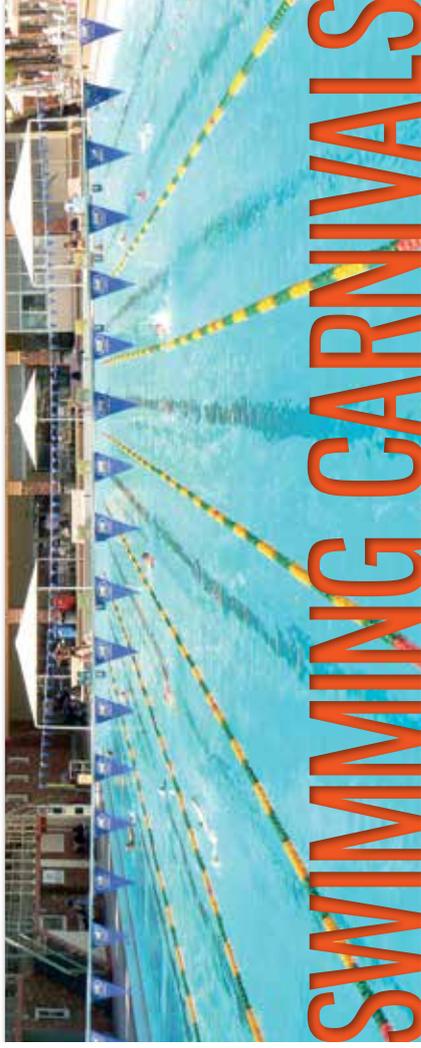
The staff of the North Sydney Olympic Pool wish all our customers a joyous Christmas and prosperous New Year.

# CHRISTMAS / NEW YEAR TIMETABLE \* Cover Instructor 2018/19

AQUA AEROBIC CLASSES							WEEK 1		
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
<b>December</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>		
8am-8:45am				Deep Aqua/ Hamish					
8:30am-9:15am		<b>CLOSED</b>	<b>Public Holiday</b>	Aqua/Hamish	Aqua/Hamish		Aqua/Suzy		
9am-9:45am	Aqua Lite/Suzy	<b>No Classes</b>	<b>No Classes</b>	Aqua/Hamish	Aqua Lite/Hamish	Aqua/Ronnie*			
9:30am-10:15am						Aqua/Suzy			
4pm-4:45pm				Deep Aqua/Linda					
7pm-7:45pm									
LANE 9 AEROBIC CLASSES							WEEK 1		
6:30am-7:30am					Yoga/Christina				
8:30am-9:30am		<b>CLOSED</b>	<b>Public Holiday</b>			Pump/Lucia			
9am-10am					Pump/Suzy				
9:15am-10am		<b>No Classes</b>	<b>No Classes</b>	Pilates/Vivienne					
10:05am-10:50am					Pilates/Suzy*				
10:05am-11am	Yoga/Christina*								
10:15am-11am				Pilates/Vivienne					

AQUA AEROBIC CLASSES							WEEK 2		
	Dec 31	Jan 1	Jan 2	Jan 3	Jan 4	Jan 5	Jan 6		
8am-8:45am		<b>Public Holiday</b>	Aqua/Kim	Deep Aqua/ Hamish					
8:30am-9:15am		<b>Public Holiday</b>			Aqua/Hamish				
9am-9:45am	<b>No Classes</b>	<b>No Classes</b>	Aqua/Kim	Aqua/Hamish			Aqua/Suzy		
9:30am-10:15am					Aqua Lite/Hamish	Aqua/higa			
4pm-4:45pm						Aqua/Suzy			
7pm-7:45pm				Deep Aqua/Linda					
LANE 9 AEROBIC CLASSES							WEEK 2		
6:30am-7:30am		<b>Public Holiday</b>	Yoga on the Sundeck Denise		Yoga/Christina				
8:30am-9:30am		<b>Public Holiday</b>				Pump/Lucia			
9am-10am	<b>No Classes</b>	<b>No Classes</b>	Pump/Suzy		Pump/Suzy				
9:15am-10am				Pilates/Carrie*					
10:05am-10:50am			Pilates/Suzy		Pilates/Suzy*				
10:15am-11am				Pilates/Carrie*					
7pm-8pm			Pilates/Carrie						

Tuesday 25 December 2018 - CLOSED | Tuesday 1 January 2019 - NO CLASSES  
 Wednesday 2 January 2019 - NORMAL TIMETABLE RESUMES



## SCHOOL CARNIVALS 2019

### DATES THE 50M POOL WILL BE CLOSED TO THE PUBLIC

Day	Time
Thursday 31 January	9am - 3pm
Friday 1 February	9am - 3pm
Tuesday 5 February	9am - 3pm
Wednesday 6 February	9am - 3pm
Thursday 7 February	9am - 3pm
Friday 8 February	9am - 2pm* * Reduced time
Monday 11 February	9am - 3pm
Tuesday 12 February	9am - 3pm
Wednesday 13 February	9am - 3pm
Thursday 14 February	9am - 3pm
Friday 15 February	9am - 3pm
Monday 18 February	9am - 3pm
Tuesday 19 February	9am - 3pm
Wednesday 20 February	9am - 3pm
Thursday 21 February	9am - 3pm
Friday 22 February	9am - 3pm
Monday 25 February	9am - 3pm
Tuesday 26 February	9am - 3pm
Wednesday 27 February	9am - 3pm
Thursday 28 February	9am - 3pm
Friday 1 March	9am - 3pm
Tuesday 5 March	9am - 3pm
Wednesday 6 March	9am - 3pm
<b>Evening</b>	
Tuesday 5 February	7pm - 9.30pm
Saturday 23 February	7pm - 9.30pm
Tuesday 26 February	7pm - 9.30pm

The 25m pool and Lane 9 gym will be open for business as usual.

For more information visit North Sydney's website  
[www.northsydney.nsw.gov.au](http://www.northsydney.nsw.gov.au) or call 02 9955 2309

## at North Sydney Olympic Pool

### Term 1, 2019

As a valued community facility, North Sydney Olympic Pool this year will host a number of local swimming carnivals during the summer months.

Commencing early February and concluding in early March the 50m pool will be used by local schools for their swimming carnivals on pre-arranged dates. On these days the outdoor pool will be closed to the general public from 9am - 3pm (approximately). The 25m indoor pool and Lane 9 gym will be open as usual throughout the period.

North Sydney Council regrets any inconvenience caused to its regular swimmers during this period.



For more information  
 visit North Sydney's website  
[www.northsydney.nsw.gov.au](http://www.northsydney.nsw.gov.au)  
 or call 02 9955 2309

