

# Swim, Gym, and So Much More

While there is always a lot happening at the Bay of Isles Leisure Centre, the start of the year is a particularly exciting time, with plenty of events on the calendar. Here are some of the great things coming up this month.

## Rottnest Island Swim

On February 26, the Bay of Isles Leisure Centre is hosting a Rottnest Island Virtual Swim. Held on the same day as Perth's popular Rottnest Island Swim, the virtual swim is a 20 kilometre team event that will help raise money for charity. Teams of up to 10 people are invited to enter the event, with each team required to raise a minimum of \$350 in sponsorship, which will be donated to local causes Tor Youth Shed and Restore Hope Foundation. Leisure Centre Manager Jaye Jose is looking forward to the upcoming event. "It's a great opportunity to raise money for a good cause," she says. "If it works well, we hope to make it an annual event." There will be plenty of excitement, with the Leisure Centre planning to televise the Rottnest Island Swim, have a live MC for the Esperance swimmers, and a BBQ at the end of the event. There are some great prizes on offer, generously provided by IGO. Every participant will be entered into the draw to win a major prize, and there will also be encouragement awards for junior and senior swimmers, as well as a prize for the highest fundraising team. Registrations for teams of swimmers are now open.

## Swim school enrolments

Swim school enrolments are currently open for swimming lessons in term one. As Jaye notes, "Esperance being a coastal community, swimming lessons are a really important part of community safety, and they're always really well attended." Jaye says that swimming lessons at the Leisure Centre include a 'survival component', teaching children about safety in the water.



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## Extended crèche hours

Did you know the Bay of Isles Leisure Centre has a crèche available for members? This month, the centre is increasing the hours that the crèche is available. The crèche will still be open during its usual hours of Monday to Friday, 9am - 12pm, and Centre will trial opening the crèche in the afternoons, from 3:15pm - 6:30pm, Tuesday to Thursday. "The reason we're trialling the extended hours for the crèche is that we want to support working parents who can't get to the gym in the mornings," Jaye says. "We also want to support parents who have their kids in swimming lessons. We've had a lot of requests for extended crèche hours, so we've recognised that this is a need in the community."

## Meta-Cub fitness classes for kids

Another exciting initiative that the Leisure Centre is offering is a new class called 'Meta-Cub'. This is a functional movement class for children aged 5 to 12 years. "We recognise that it's important to teach our children from a young age about movement and fitness," Jaye says. Parents can join in with their children who are attending the class. Some of the Meta-Cub classes will be held in the afternoons during the extended crèche hours. See the Leisure Centre website for a full class timetable.

## But wait, there's more!

The Leisure Centre is still offering all the same great activities and classes. You can enjoy the heated pools, spa and sauna, or hydrotherapy pool. There is also a well-equipped gym, a variety of group fitness classes, swimming lessons and access to personal training. The centre can also take bookings for the Indoor Stadium at the Greater Sports Ground. As Jaye notes, "The Bay of Isles Leisure Centre is here for the use of our community, and we love seeing community members making the most of the facilities."