

# Newsletter

January 2025

## Welcome

Dear WaterMarc Members, Guests, Staff, and Banyule Community Members,

Welcome to the January edition of WaterMarc Banyule's Community Newsletter. With the festive season now coming to a close, we have an exciting lineup of events, updates, and initiatives to share with you.

First off, what a year 2024 was! 2024 was filled with many incredible events, including our Good Friday Appeal raising funds for the Royal Children's Hospital, Women's Only Swim Nights and our Spinathon raising funds for Immersion Therapy to name a few highlights.

Speaking of Immersion Therapy, we are so excited to announce Cleaning Melbourne's generous donation to the program: \$15,000!! This amazing donation will enable more people to access the life-changing program.

Immersion Therapy also won the AusActive Industry Innovation Award last year, further highlighting the program's recognition as a revolutionary allied health service.

Our community was also very generous in 2024, with massive amounts raised and gifts donated for a number of charities: Over \$1,900 was raised for the Good Friday Appeal, \$700 for Immersion Therapy from the Spinathon fundraiser, a whole donation box was filled for the Share the Dignity Drive, and 2 trolleys worth of gift were donated to families in need with Diamond Valley Community Services.

As we reflect on these incredible contributions, let's not forget the fun and excitement still happening this January. Enjoy activities like kayak paddleball, slides, LTS games, Flippaball, and inflatables. Bring the family and join in the fun!

As the New Year unfolds, we're excited for all the opportunities and events that lie ahead. Let's make this year one to remember!

Wes Hurrey, Centre Manager



# Cleaning Melbourne



***Cleaning Melbourne has shown incredible generosity with a \$15,000 donation to the Belgravia Foundation, helping more people access our Immersion Therapy program at WaterMarc in Banyule.***

Immersion Therapy offers life-changing benefits, enabling participants to move more freely, build strength and regain independence through underwater sessions.

Uniquely, the program is delivered to participants when fully immersed underwater, using breathing apparatus and aquatic equipment to help participants move freely, build strength and improve mobility, often in ways impossible on land. This Victorian-first initiative offers an unparalleled option to those facing profound physical and emotional challenges, restoring their freedom, joy and sense of possibility.

As a leading organisation dedicated to social impact, Cleaning Melbourne's donation goes beyond just financial support. It represents a commitment to making life-changing therapies accessible to those who need them the most.

Cleaning Melbourne CEO and Managing Director David Gagovski said "We're not just donating money; we're investing in people's lives. Immersion Therapy gives people a chance to feel alive again, to connect with their bodies and their community in ways they never thought possible. This is what true impact looks like, and Cleaning Melbourne is honoured to be part of it."

Thanks to this donation, individuals like Tim Buckley, who has rediscovered freedom and mobility, can continue to benefit from this transformative program.



Read the full article here!



# Immersion Therapy

Immersion

Immersion Therapy is an evidence based allied health service co-designed and tailored to the individual and their goals in the following three areas:

- Physical Health
- Psychological Health
- Social Health

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.

Here's what some of the participants have said about their Immersion Therapy experience:

- "It gives me relief, pain relief, emotional relief, a chance to switch off. No one can nag at me. It gets me out of bed"
- "The weightlessness of exercising, exercising without pain, there is nothing I don't enjoy about the sessions."
- "It's been good for my mind. It takes my mind off my injury"
- "He is displaying happiness through his pure smiles exhibited before starting immersion sessions. This is now being observed more outside of immersion therapy."
- "Freedom. I feel comfortable knowing I've got people there who make sure I don't overdo it."

Immersion Therapy can help a broad range of individuals, from those living with physical and intellectual disabilities, injuries, to those with serious medical conditions. The therapy aims to improve mobility, muscle conditioning, confidence, self-esteem, and overall wellbeing.



Find out more about Immersion Therapy at <https://partnersinhealth.com.au/> or scan the QR code on the right.



# Spinathon Recap

On December 14th, we hosted a Spinathon fundraiser in support of the life-changing Immersion Therapy program.

☀️ Three dynamic cycle classes were led by six incredible instructors, each bringing energy and motivation to guide participants through these intense sessions. The dedication was inspiring—some participants completed all three classes, and two even cycled over 100km! 💪🚴

💡 The highlight? Together, we raised an estimated \$700 to support Immersion Therapy, helping to make this groundbreaking program more accessible to those who need it most.

A huge thank you to everyone who participated and donated. Your support is truly making a difference! ❤️



# Christmas Gift Drive

Thank you to everyone who generously donated gifts to the Diamond Valley Community Support Christmas Gift Appeal in December.

The entire donation bin was overflowing, and it took 2 full trolley trips to deliver to Diamond Valley Community Support!

These gifts gave many struggling families some joy in the festive season.



# Exercise Physiology

WaterMarc's accredited exercise physiologists deliver you safe and effective exercise interventions to help you reach your optimal health. Accredited exercise physiologists (AEPs) are university qualified, allied health professionals with the knowledge, skills and competencies to serve those with acute, sub-acute or chronic medical conditions, injuries or disabilities.

If you have Private Health insurance or you're currently under WorkCover, TAC, DVA or NDIS funding streams you may qualify for rebates under these compensable schemes. Pathology domains covered by the services of AEPs include:

- Kidney
- Cancers
- Metabolic
- Neurological
- Cardiovascular
- Musculoskeletal
- Respiratory/pulmonary and mental health
- Any other conditions for which there is evidence that exercise can improve the client's clinical status.

\*Exercise Physiology is not included in membership fees | Terms & Conditions Apply



**Esther**



**Louisa**



**Rob**

Get in touch to book your appointment today!



# LES MILLS SHAPES is coming to WaterMarc!

LES MILLS SHAPES is Coming to WaterMarc!

From the people who brought us BODYPUMP and BODYBALANCE, Les Mills SHAPES is a 45 minute low impact strength workout inspired by Pilates, Barre and Power Yoga.

SHAPES is a moderate to high intensity class focusing on strengthening muscles, alignment and flexibility. It's all about boutique-style interval training where our participants can move either on or off the beat. We know you will love it!

Look out for SHAPES on the timetable in February

\*reduced Group Fitness Timetable until Sun 19th January



## Cancelling Group Fitness Classes

We understand that sometimes life happens and you are unable to attend your booked group exercise class.

To free up your space and allow other people to join in, please cancel your booking via the Active World app (up to 1 hour prior to class start time) or call reception and press option "3" and "3" again to speak with a guest experience officer. Your fellow participants thank you!



# Heart Foundation Walking Group

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

Join the Greensborough Walking Group in February!

When: Tuesdays, 9.30am, starting 4th February

Where: Meet on Greensborough Walk, out the front of WaterMarc

Organiser: Alan 0427357661



## Slide Hours

The waterslides are now open everyday for January!  
9am-6pm!!

**Changes February 3rd:**

Monday-Friday: 4pm-8pm

Weekends: 9am-6pm



## School Carnivals!

As school returns for Term 1, there are multiple school swimming carnivals throughout the months of February and March.

Please check lap lane availability via the QR code or you can call reception 9422 6111.





# \$3 waterslide night

## AT WATERMARC

\$3 entry for 10-17 years old  
No bookings required



## Youth Slide Night

Youth Slide Night is back! Friday 17th January, 6pm-9pm.

Unlimited rides on the Tantrum Alley & Pipeline Slide or try your skills on the giant inflatable obstacle course!

This event is for young people 10-17 years old.

Attendees need to be competent swimmers or will require adult supervision.

This event is in partnership with Banyule Youth Services.



Visit Greensborough presents

CELEBRATE  
LGBTIQA+  
PRIDE IN  
BANYULE

# SUNSET PRIDE PARTY

7TH  
FEB  
2025

FREE ENTRY, FAMILY FRIENDLY, ALL WELCOME

5pm-9pm • Greensborough Walk

GAY STUFF MARKETS • KIDS ACTIVITIES

DIY FASHION WORKSHOPS AND RUNWAY • DISCO DJs

GLITTER FACE PAINTING • LIVE ENTERTAINMENT



Scan here  
for more  
info



# WaterMarc Attractions

## January 2025



SAT	MON	TUE	WED	THU	FRI	SAT
12 	13  Inflatable obstacle course 12pm-3pm	14  Kayak Paddle Ball 10am-12pm	15  LTS Games 12pm-1pm Flippa Ball 1pm-2pm	16  Inflatable obstacle course 12pm-3pm	17*  LTS Games 12pm-1pm Flippa Ball 1pm-2pm	18 
19	20  Inflatable obstacle course 12pm-3pm	21  Kayak Paddle Ball 10am-12pm	22	23  Inflatable obstacle course 12pm-3pm	24	25 



\*Youth Slide Night  
17th Jan  
6pm-9pm

- Slides and Splash Park open 9am-6pm
- Kayak Paddle Ball requires booking which can be done at WaterMarc's reception

Make a splash this summer at WaterMarc! 🎉 Slides, games, and family fun await you all January long!

\*users of all programs must meet weight, height and competency requirements.



2025  
*Twilight*  
**SOUNDS**

LIVE MUSIC &  
FOOD TRUCKS

**SATURDAY 15 FEBRUARY**

**3PM – 10PM**

Heidelberg Park Oval,  
Beverley Road

Banyule's premier **FREE** and **INCLUSIVE** music event. For more information and to view the full program, scan the QR code or visit:

[banyule.vic.gov.au/TwilightSounds](http://banyule.vic.gov.au/TwilightSounds)

**FEATURING:**

**Mitch Tambo**  
**The Bamboos**

**Plus** WILSN, Shaun Kirk, Gusto Gusto, The Delvenes and DJ MzRizk.

SUPPORTED BY:

**Nelson Alexander**

#More Than Real Estate





## Upcoming Events and Important Dates!

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

**Friday 17th January** - Youth Slide Night

**Monday 20th January** - Childcare & Swimming and Water Safety lessons resume

**Friday 7th February** - Sunset Pride Party on Greensborough Walk

### January School Holidays Activities

**Kayak Paddleball** - Tues 21st January

**Inflatable Obstacle Course** - Thurs 16th, Mon 20th, Thurs 23rd January (12pm-3pm)

**LTS Games** - Wed 15th, Fri 17th January (12pm-1pm)

**Flippa Ball** - Wed 15th, Fri 17th January (1pm-2pm)