

April, 2016

Love to Swim, Swim for Safety, Swim for Life!



Newsletter

Nepean Aquatic Centre

Eva Bory's Swim School

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NEW AQUAROBICS TIMETABLE!

More classes, more instructors, more fun! Thank you to all who gave feedback, we now offer Aquarobics classes seven days a week, with a total of 17 sessions to choose from, in both the daytime and evenings, with childminding now available 11am - 4pm (Mon - Fri in term time) next door at the Atmosphere Active Kids Club! **Plus bring a friend for free to all Aquanatal (pregnancy) classes in April!** For timetable, prices and all information, please visit our website or pick up a timetable at reception!

Congratulations to Mrs Megumi Turelli (NAC) & Mrs Ashleigh O'Brien (EB) ~ Winners of our March Lucky Draw!

ANZAC DAY

Eva Bory's and Nepean Aquatic Centre will be **CLOSED** for the Anzac Day Public Holiday on **Monday 25th April, 2015.**

If you attend swimming lessons on a Monday, you will not be charged for your lesson on that



School Holiday Special - Intensive Learn to Swim Lessons

Looking for something fun, healthy and great value for the kids to do in the school holidays? Our School Holiday Special is back at Nepean Aquatic Centre by popular demand - 5 days of lessons every morning available to Squids, Platypus, Stingrays and Dolphins! Give your child's swimming skills a boost through a weeks intensive training.

The program runs from **Monday 11th to Friday 15th April**, and costs \$62.50 - that's just \$12.50 per class!

See reception for further enquiries or bookings!



NEPEAN AQUATIC CENTRE IS 5 YEARS YOUNG!

Hip Hip Hooray, Nepean Aquatic Centre is 5 years old this month! A HUGE THANK YOU to all of our wonderful customers and staff who have made the past 5 years so much fun and so rewarding, and to all the children who have become safer around water as a result of learning to swim! Come celebrate with us in the school holidays at our **Family Fun Day, Wednesday 20th April, from 9.30 - 12.30!** Giant whale inflatable, indoor heated pool, floating mats and pool toys, lifeguards on duty!* **\$5.50 per person, or \$18 for a family of 4 (extra children \$3 each).**

*Please remember, lifeguards are not a substitute for active adult supervision, by parents and carers. Swimming aides are NOT supplied, please bring child's floaties if needed.



Terrys Corner:

This month I'd like to talk about a subject that I'm very passionate about – **Adult Swimming**.

So I have a question for you. Can you swim? No seriously can YOU swim?

It's unfortunate, but a lot of people missed out on swimming lessons when they were young. This has resulted in lots of parents, who can't swim, doing the right thing and making sure that their children can but ...what would happen if your child got into trouble and you couldn't help them? Making matters worse, your instinct is to help them and you'll get into trouble too. Judging by the tragic headlines, this is an all too familiar occurrence.

What I want to tell you is that **it's never too late to learn this vital life skill**. I have people learning to swim up into their 70's, so age isn't a barrier. What about being there for your children? Not just if they get into trouble in the water, but also at social events. Sick of sitting on the sidelines while everyone else has the fun? Embarrassed that you can't stick your head in the water? Going on holidays and you want to use the pool and go snorkelling? Have you wanted to swim for exercise? Applying for a job that requires swimming? Are you wanting to cross train with your other sport? Or is it just a tick on the bucket list? I know I sound like a cheesy TV commercial (do you want some steak knives with those lessons?) but it really isn't too late to learn and you'll have fun doing it! Send an email to terry@nepeanswim.com.au if you would like more details or just to chat about your situation.

On another note.....I've received some suggestions for topics and they will be used for the next couple of months. I've decided to give \$50 credit off lessons for those customers who's suggestions I use, so please keep the discussion topics coming in. Until next month: Stay Safe Around Water, thanks for reading, Terry.



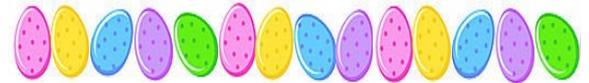
We're not needy BUT pleeeeeeease

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Easter Saturday at NAC and Eva Bory's!

Who wants to go away at Easter when you can come and see Paddles the Platypus at Nepean Aquatic Centre, or get some chocolate at Eva Bory's Swim School! Was great to see all of the children's smiling faces on the day, and all of the progress made in Learn to Swim lessons in the pool - keep up the good work! *Plus a very special thank you to all of our Learn To Swim instructors who forfeited a long weekend away to teach on Easter Saturday!*



THE ABSOLUTE IMPORTANCE OF SWIMMING ALL YEAR ROUND

A common question when talking about the importance of learning to swim is "Why should children swim all year round? Surely it is only important to swim in the warm summer months? Won't my child get sick?" These assumptions are completely incorrect.

Learning to swim is a long term, ongoing process, and consistency is the key to the development and maintenance of swimming skills. Attending swimming lessons makes up an important part of a child's weekly routine throughout their infant, preschool and early school years, and should not just be limited to the summer months, as the skills and behaviours taught in lessons need to be practised all year round to allow children to develop at their own pace. Unfortunately the risks posed by drowning do not go away in winter, so neither should the lessons.

Additionally, children under 5 are just beginning to develop muscle memory, and need constant reinforcement to retain skills previously learnt, so a break in lessons often results in a loss of skills. By taking a break in the cooler months, you may be wasting all the time and money spent on lessons previously.

By swimming all year round children remain confident in the water, and remember, regular exercise helps to keep the body healthy and fight off winter illnesses. Of course you must attend a swim school with indoor heated pools, and be sure to use common sense and remove wet clothing, towel dry and cover wet hair, and get warm (a hot shower is a must!) and dry before leaving the swim centre.



This Newsletter can also be viewed at our website www.nepeanaquaticcentre.com.au
or scan the bar code on your smart phone with your QR scanner app
Thank you, from the team at Nepean Swim & Fitness

