

August, 2017

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



Newsletter

Nepean Aquatic Centre

Eva Bory's Swim School

- Multiple Lessons
- Lucky Draw Winners
- NAC Swim Squads App
- School Holiday Special
- Direct Debit Payments Available
- LIKE us on Facebook / Download our App
- Changing Lessons for 2018
- NACSC News

Dear Customers,

Have you considered multiple lessons! Accelerate your child's learning and save \$\$\$'s!

We are often asked "how many lessons per week should we do?" That's a hard question to answer because there are so many variables but it got our Operations Manager Terry thinking about what would benefit our students the most..... The important question was, who would benefit from multiple lessons? Once a student gets to an age where understanding of instructions and physical coordination are good, then they will benefit from multiple lessons, whereas, the younger students will get more from attending the regular weekly lesson to reinforce their swimming education.

Why would you want your child to do multiple lessons per week? The simple answer is the more time spent in the water means the faster they will learn the skills.

Basically it's actual water time. Do 2 lessons per week and you're doing 2 months lessons every month, do 3 lessons you're doing 3 months, etc. At the lower levels this will help your child to progress to the next level and at higher levels it helps to learn and improve the new strokes quicker.

Other benefits of multiple lessons per week are that your child is getting fitter with extra exercise, they are preparing for school swim carnivals with extra practice and they are improving their stamina in preparation for Squads or Kids Swim 4 Fitness. So Terry thought "what can we do to make this happen?" and decided the main barrier to doing extra lessons was the cost. As a result, from October last year the discount for the 2nd lesson became 40%, 3rd & 4th lesson receives a 50% discount and 5th lesson per week is discounted by 73%! If you think your child will benefit from extra lessons, we hope you will take up this offer so as to fast track your child's progress through the levels. But be quick, the weather is warming up and places are filling fast! Enquire at reception.

Congratulations to Anna Schoonderwaldt (NAC) & Claudi Sheridan (EB)

~ Winners of our July Lucky Draw!

NAC Swim Squads Team App!



If your child swims in our NAC Swim Squads please download the NAC Swim Squads Team App.

It is FREE and the best way to keep up to date with Squad news – via specific push notifications direct to your phone in real time!
JOIN TODAY!

School Holiday Special & School Holiday Fun!

SPECIAL! 25th - 29th Sept

Accelerate your child's learning with a 1 week intensive swimming program at NAC. Classes are available for our Squids, Platypus, Stingrays and Dolphins classes. Sharks may attend the Dolphins class.

Cost is \$70 - that's just \$14 a class! Please see reception for more details or to make a booking.

FUN! Wed 4th Oct

With giant inflatable whale slide!
\$6.50 per person or \$20 per family of 4.
\$3.50 per extra child. Save the dates!



Direct Debit / Payment Over the Phone

If you would like to save time at reception during pay week, why not switch to **Direct Debit?**

Direct Debit Forms can be obtained from reception or downloaded from the website (and returned to reception), and payments are processed in the first week of the month, exactly as they would be if paying at reception. But don't forget you still have to scan through to mark off your attendance!



Be Our Facebook Friend!

[www.facebook.com/
NepeanAquaticCentreandEvaBorys](http://www.facebook.com/NepeanAquaticCentreandEvaBorys)



AND
Download the
Nepean Swim
App!

Changing Lessons for 2018

If you are currently booked into a weekday morning class and have children going off to school next year, now is the best time to change to an afternoon or weekend class. Our busiest time of the year is fast approaching and spots are filling up fast. Changing your booking now will increase your chances of getting your preferred time / day / teacher.

Please see reception or call **4730 8900** if you wish to change your booking.



Nepean Aquatic Centre Swim Club NEWS

A big thanks to Stuart Ayres MP, Member for Penrith, for the \$3,300 Local Sports Grant presented last Friday night, to provide some new equipment for Nepean Aquatic Centre Swim Club. The grant coincides with the announcement of a new \$100 rebate for sporting and fitness related costs, with \$207 million set aside over four years from 2017-2018. Mr Ayres said the 'Active Kids Rebate' will be available for every family with school age children in NSW from early next year to get more children involved in community sport and fitness. "We would love to see more young people participating in sport, we know promoting active habits early is a key factor for ensuring a generation of healthy kids and tackling rising obesity rates," he said.

Congratulations to the new NACSC Captains: Abbey Slaughter and Thomas Gardiner & Vice Captains: Coral Bullard and Michael Kingston. And Thank You to our outgoing Captains, Kyron Deacon-Chilmaid and Sarah Keenahan, and Vice Captains Ashley Xinos and Kayla Bentley for all of your efforts and leadership over the past year!

AND Good Luck to Head Coach Jackie Barck and young athlete Sarah Keenahan who are off to coach and compete at the World Dwarf Games in Canada this month!



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 Aquatic Centre & Eva Bory's Swim School

