

July, 2016

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



# Newsletter

Nepean Aquatic Centre

Eva Bory's Swim School

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Dear Customers,

## Swimming Lessons during Winter



We have now passed the shortest day of the year and are on our way to Spring and Summer! Thank you for your continued support, and congratulations on maintaining the skills your children have learned over the past few months throughout winter. We will continue to reinforce and build on those skills, all of which will help make them safer around water next Summer. *As Dory says - Just Keep Swimming!*

**Congratulations to Bronwyn Taylor (NAC) & Tim Crawley (EB)**  
*~ Winners of our June Lucky Draw!*

## SCHOOL HOLIDAY FUN!



The big whale inflatable will be in our main pool from 9.30am - 12.30pm on **Wednesday**

**13th July** during the school holidays. There will also be floating mats and pool toys available for public use and lifeguards on duty!

Bring your children down for a warm, wet & fun filled morning at Nepean Aquatic Centre! Please remember, lifeguards are not a substitute for active supervision by parents. Swimming aides are not supplied, please bring child's floaties if needed!

Our School Holiday Special is running from **Mon 4th to Fri 8th July** at NAC - 5 days of intensive lessons every morning available to Squids, Platypus, Stingrays and Dolphins! Boost your child's swimming skills - **ONLY A FEW PLACES LEFT - BOOK TODAY!**

**SWIM IN WINTER TO STAY WELL!\*** It is a popular and frustrating misconception that swimming in winter will increase the chances of our children becoming unwell – in fact, the opposite is true. Exercise is good for winter immunity for the following reasons: 1. Physical activity may help flush bacteria out of the lungs and airways, reducing your chance of getting a cold, flu, or other airborne illness. 2. Exercise causes changes in antibodies and white blood cells (the body's immune system cells that fight disease). These antibodies or white blood cells circulate more rapidly, so they could detect illnesses earlier than they might have before. 3. The brief rise in body temperature during and right after exercise may prevent bacteria from growing. This temperature rise may help the body fight infection more effectively. (This is similar to what happens when you have a fever.) 4. Exercise slows down the release of stress-related hormones, which may protect against illness. Always exercise common sense and rug up and stay warm after swimming to enjoy the benefits of swimming in the cooler weather! \* Article sourced from various medical articles and references on the internet.

## Julie Says:

Congratulations to everyone reading this months newsletter, as it means you are still swimming during the cooler months and supporting your child's Learn To Swim journey, without a loss of skills, consistency and momentum! The road to swimming success and improved safety around the water isn't always an easy one, as this months Swim Stories are testament to. Thank you to our customers the Sheldrake, Powell and Cox families, for sharing your Swim Stories with us! Excerpts as below:



*"Bowen started lessons when he was 2 years old, but the next 4 years were not to be easy. Bowen never liked the water – he was scared to jump in or even put his face near the water – and each and every week he would scream and cry and hated going to swimming lessons."*

*"When my youngest son was 6 months old, knowing we had a pool, there was no question about starting swimming lessons – I couldn't wait for him to be old enough. Suddenly the beautiful pool in the backyard had become a death trap in my mind for my child who wasn't yet able to swim."*

**For the full story, please visit [nepeanaquaticcentre.com.au / news](http://nepeanaquaticcentre.com.au/news) for these and more stories to follow!**

Everyone has a story to tell - if you would like to share your story, please email me: [julie@nepeanswim.com.au](mailto:julie@nepeanswim.com.au). We would love to feature your story on our Facebook page and Website, so please do get in touch!

### MEMBERSHIP CARDS:

We would like to remind all customers to please have your membership card ready to scan at reception when visiting the centre, and to please let us know if any of your details need updating! **LOST YOUR CARD?** We are having an amnesty on lost cards in July, and will replace lost membership cards **FOR FREE**. (Usually \$5). See reception!

### WINTER AQUAROBICS TIMETABLE:

Is now in effect, with a few Aquarobics classes suspended until Spring 2016, at which time we will review the timetable. Please pick up a copy of the amended timetable at reception, or check online at [nepeanaquaticcentre.com.au / aquarobics](http://nepeanaquaticcentre.com.au/aquarobics)

### VISIT US ONLINE!

**Have you visited our new website yet? You will find loads of information including prices, timetables, news, events, special offers, competitions, pictures, & much more! Be sure to join our mailing list to stay up to date!**

[nepeanaquaticcentre.com.au](http://nepeanaquaticcentre.com.au)  
OR  
[evaboryswimschool.com.au](http://evaboryswimschool.com.au)

### Book a Birthday Party!

Nepean Aquatic Centre's LTS pool and Eva Bory's Swim School are both available to hire for your child's birthday party or other group/team celebration all year round!

A pool party where you don't have to worry about cold weather or rainy days...  
and where the water is always warm! (31°C)

#### The pool hire includes the following:

- Exclusive use of the LTS pool & viewing room at NAC, or exclusive use of the entire centre at EB.
- There is plenty of parking at both facilities for your guests.
- Unlimited number of guests can attend the party.
- Free use of equipment for games / activities.

And MORE...

**Inflatable slide available to hire at either pool!**



**Don't forget there is a fee increase as at Friday 1st July, 2016.**

### LETS TALK ABOUT GOGGLES:

Just a reminder that Goggles are not required until the Platypus Learn To Swim stage, for several important reasons. Goggle free time helps to promote water safety skills - some swimmers might panic if they fall into water without goggles when they are used to wearing them. Swimmers need to understand that water is blurry if you aren't wearing goggles but you will still be able to navigate your way to the side and to safety without them. If young swimmers only know how to swim or put their face under water if they are wearing goggles, do they really know how to swim or put their face under water? Once your child is using goggles, make sure you invest in a good pair of goggles, and avoid ill fitting or leaky pairs needing adjustment after each lap, as this is time wasted in the swimming lesson.

Also a reminder that we cannot lend goggles out for hygiene reasons.

### LEARN CPR!

**Would you know what to do in an emergency? CPR courses run every month at NAC by a Royal Lifesaving Society Trainer & Assessor.**

**Next course dates:  
5th & 26th July**

**Book NOW**

**[www.facebook.com/NepeanAquaticCentreandEvaBorys/](http://www.facebook.com/NepeanAquaticCentreandEvaBorys/) - Do you LIKE us yet??**

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Thank you

