

March, 2016

Love to Swim, Swim For Safety, Swim For Life!

# Newsletter

Nepean Aquatic Centre

Eva Bory's Swim School



## Dear Customers,

We will be CLOSED for trading on Good Friday, **OPEN FOR TRADING EASTER SATURDAY**, and CLOSED for trading Easter Sunday and Monday.

Customers whose normal lessons fall on the Friday, Sunday or Monday will not be charged for this day and do not have to do a make up.

Children visiting us for lessons on the Saturday will be treated to Easter eggs at both Nepean Aquatic Centre and Eva Bory's, and a special visit from Paddles The Platypus at Nepean Aquatic Centre! **HAPPY EASTER!**



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**NEPEAN**  
**Aquatic**  
CENTRE

**EVA**  
**Bory's**



## Congratulations to

**Brooke McWilliams (NAC) & Melinda Blair (EB)**

*~ Winners of our February Lucky Draw!*

## 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.

Places are limited, so enquire at reception today!



## School Holiday Fun - CELEBRATE OUR 5th BIRTHDAY!

Come join us Wednesday April 20th from 9.30 - 12.30 at Nepean Aquatic Centre for a very special **5th Birthday Celebration Family Fun Day!**

Lifeguards are on duty, giant whale inflatable, pool toys, Paddles and more!  
(Swimming aides are not supplied, please bring childs floaties if needed).

\$5.50 per person or \$18 per family (family of 4, additional children \$3).



## Terry's Corner!

I'd like to kick off this new section of our Newsletter with a big thanks to you for reading it. This is a great way to get the latest info about the company and it's going ons. The only way you could be more up to date would be to visit our Facebook page or Web Site.

Anyway, my name is Terry Spinks and I'm the Operations Manager for Eva Bory's and Nepean Aquatic Centre. My role has me mostly working behind the scenes (chained to a desk 😊) but I can be caught teaching the occasional adult lesson at Eva Bory's. The other time you might catch me is working at one of our promotions. The last time was our terrific Aussie Day BBQ where I got to meet a lot of our customers enjoying the fun swim and free sausage sangers.

In future months I will be addressing current issues involving our customers and swimming. If there's something you would like me to look at, please send your ideas to [terry@nepeanswim.com.au](mailto:terry@nepeanswim.com.au). The first person who submits a topic that I use will receive a small gift from the company. Prizes\* will be decided based on the number of entries and how good the topic is!

I'll wrap this first effort up by thanking all my staff who provide you with the great lessons and service that hopefully makes your visit to our centres an enjoyable experience. Until next month: Stay Safe Around Water, thanks for reading, Terry.

\*All prize decisions will be final and no correspondence entered into.



**Psssst!** The new Aquarobics timetable is coming in March! Thankyou to all who completed our survey for your valuable feedback!



**Swimming all year round!** At times, swimming is often seen as a seasonal activity, especially as the weather outside grows cooler and other sports compete for both your child's and your family's time! Starting dates for 'winter sports' are creeping up and we would like to remind everybody that swimming lessons are not a seasonal activity, and should be maintained all year round. Swimming lessons play a crucial part in building layers of protection near water for young children, and the skills and behaviours taught in lessons need to be reinforced all year round. Consistency is key.

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. Don't let all the time and money spent on lessons previous to the cooler months go to waste! Swimming is a life skill - the risks posed by drowning do not go away in the cooler parts of the year.

Swimming is also great cross training for all sports! 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. Be sure to remove wet clothing, towel dry and cover wet hair, and get warm and dry before leaving the centre.



**Pleeeeeeeeeease LIKE us on Facebook!**

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



**Congratulations!** Congratulations to our swimmers from Nepean Aquatic Centre Swim Club, who competed in February at The Australian Open Water Swimming Championships in Mooloolaba, Qld. Bethany Mavin & Lucas Bentley in the JX 2.5km event, Kyron & Keisha Deacon Chilmaid, Maxwell Johnson & Kayla Bentley in the 5km & Melissa Fokes competing in both the 5km & 10km event. Well done swimmers you all raced superbly and once again did us proud!

Also a big CONGRATULATIONS to all of our swimmers who have competed in their school swimming carnivals! Our instructors have been hearing about some fantastic results and we would like to wish all of you competing at higher levels GOOD LUCK for your races!

We would like to make a photo collage of all our kids who have won medals/ribbons/trophies at their school carnivals at both Eva Bory's and at Nepean Aquatic Centre. We encourage everyone to email a photo of your child/children with their awards through to: [julie@nepeanswim.com.au](mailto:julie@nepeanswim.com.au). We look forward to seeing and hearing about all the kids school swimming achievements! Don't forget to enquire about Swim Squads and our NAC Swim Club if your child has enjoyed the experience of racing!



This Newsletter can also be viewed at our website [www.nepeanaquaticcentre.com.au](http://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 and Eva Borys

