

NEWSLETTER May 2021

LOVE TO SWIM, SWIM FOR SAFETY, SWIM FOR LIFE
NEPEAN AQUATIC CENTRE EVA BORY'S SWIM SCHOOL

THIS ISSUE

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Happy Mothers Day

We would like to take this opportunity to wish you a very happy Mothers Day! Have you entered our SUPER MUM Competition yet? Grab a Mothers Day Colouring In Competition entry form from reception and have your child tell us WHY to WIN! Great prizes up for grabs, terms and conditions on our website!



REMINDER! !

WE ARE **OPEN**
JUNE LONG
WEEKEND
closing 7pm Monday
night 10th June at
NAC only - Eva Bory's
open as usual.



NEPEAN
Aquatic
CENTRE

eva
Bory's

Come & Try Swim Club!



**Come & Try
FREE this Winter!**
6.30pm Friday at NAC
**All ages, all distances,
all strokes.**
**Squids to Sharks
& beyond!**

Swim Race for FUN!
Register at reception.



NEPEAN
Aquatic
CENTRE

Does your child like to race? Winter is the perfect time to experience swim club and club night racing in our indoor heated pools. 12.5 and 25m races at start of club night for Squids* right through to Sharks! *with assistance if needed. Kick off your weekend with fantastic family fun, in a great social environment – a perfect way to support your child's Learn To Swim confidence and love of swimming!

Register at reception for this coming Friday night – choose distance and swim stroke on the night! Receive a sticker chart to record your weekly attendance! Club night begins at 6.30pm. Event schedule at nepeanaquaticcentreswimclub.com.au

Swim all year round!

What is muscle memory, and how does it relate to learning to swim? Simply put, muscle memory is a form of procedural memory that involves consolidating a specific motor task into memory through consistent repetition. Which is why your child's swimming progression will be hugely influenced by the consistency and frequency with which they attend lessons and the amount of time they spend practicing swimming outside of lesson time.

Learning to swim is like learning any other skill - the more they practice and explore the water, the quicker the child will progress with their skills. The opposite is also true - any break from lessons will lead to regression and loss of skills already mastered, as children do not retain skills without practise. What a waste of the time and money spent on lessons so far, and more importantly, what a waste of the steps toward increased water safety that learning to swim provides.

A child's brain is constantly culling connections that are not used to make room for new ones. If your child is not practicing the movements used during swimming lessons the connections formed are broken. If you have seen this happen with your child, especially over the enforced break during Covid, the best way to help your child regain swimming skills & confidence is to increase their time in the water - repetitive movement will recreate the connections faster.

Many of our students now attend classes twice a week to make up for time lost in the water during the pandemic. Why not take advantage of multiple lesson discounts during the cooler weather to really accelerate your child's swimming skills - we offer second and subsequent weekly lessons for just \$10 to make extra lessons, and fast tracking of swimming skills, more affordable.

Take advantage of the intensive swim programs offered in the school holidays in our heated pools to keep your children confident and used to the aquatic environment - these lessons are great fun and great exercise, and a perfect chance to improve skills. Perhaps join our swim club for extra swim time - come and try club night for free on Friday nights!

Whichever approach suits your family, please continue your child's swimming lessons all year round and until the child is totally competent in the water, having achieved all of their age related milestones. The risks associated with drowning do not go away during the cooler months, so swimming lessons must be an all year round activity. By swimming throughout the cooler month's children remain confident and avoid regression, ready for the warmer weather to roll around again. Remember, our pools are indoor and heated, so weather is not a consideration, and some of my fondest childhood memories are of rugging up in a fluffy robe and going home to a warm bath and a mug of hot chocolate after winter swimming lessons at Eva Bory Swim School - it's sometimes the simplest things in life that are best!



Did you know that we are proud sponsors of the Penrith Panthers and Penrith District Netball Association? Wishing both continued success this season after a great start!



Join our Aquarobics Facebook Group '**NAC AQUA**' to find out all our plans for winter FUN, FRIENDS & FITNESS in the water.....come join us!

