

NEWSLETTER April 2021

LOVE TO SWIM, SWIM FOR SAFETY, SWIM FOR LIFE

NEPEAN AQUATIC CENTRE EVA BORY'S SWIM SCHOOL

THIS ISSUE

- Easter & Anzac Trading
- Happy Birthday!
- Swim All Year Round
- Adult Group Lessons
- School Holiday Special, Swim Camp, Aqua Fun for Kids & School Holiday Fun
- Is my child a Water Baby or a Squid?

Fast track your child's swim skills - second & subsequent weekly lessons are just \$10!

You've invested a lot of time and money in your child's swimming lessons over summer - don't diminish the value of that investment and undermine the steps toward increased water safety that learning to swim provides by pausing lessons over winter!



NEPEAN
Aquatic
CENTRE

EVA
Bory's

Easter and Anzac Day Trading

We will be OPEN for trading as usual on EASTER SATURDAY, but CLOSED GOOD FRIDAY, EASTER SUNDAY and EASTER MONDAY.

We will also be CLOSED on ANZAC DAY (Sun 25th April).

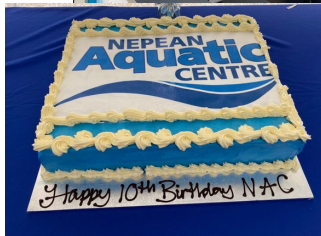
You will not be charged for lessons on the days that we are closed.

Are you away this school holidays? Please let us know and you will be entitled to the lessons you miss as makeups! Spaces in our program are currently extremely limited, but rest assured we can be flexible and extend your makeups if required to give all customers the chance to catch up on any lessons missed! Consistency is one of the most important parts of your child's swim journey, so please attend your classes as usual in the holidays if you can.

Happy Birthday NAC & EB

Thank you to everyone who helped us to celebrate the double milestone of Nepean Aquatic Centre turning 10 and Eva Bory Swim School turning 30!

We were overwhelmed by your messages of support - here's to many more decades teaching local children to swim and be safer around the water!



Adult Group Swim Lessons

Our next adult swim block will run from 20th April for ten weeks to 24th June! Included in the price is also a FREE 10 visit swim pass that can be used at either of our centres. All the teachers are Austswim qualified, and group lessons are an affordable option to private lessons. Please contact belinda@nepeanswim.com.au with any queries or to enrol!



So much to do in the April School Holidays!

School Holiday Special LTS program

Mon 12th April – Fri 16th April, at NAC.

5 lessons for \$50! Limited spaces remaining, for our Squids & Platypus, classes for Stingrays and Dolphins available. Sharks may attend the Dolphins class. Give your child's swimming skills a boost, promote fitness and tire them out these school holidays! Book now at reception or by phone!

What is the Paddles Super Swim Camp?

It's a 2 day pool party! Fully supervised action packed 2 day program of indoor and pool based games, creative activities, art, music, water drumming and percussion, inflatable slide, water safety, friendly team competition and much more!

See reception for dates still available.

Kindy* to Year 6 age children.

\$100 (100% covered by Creative Kids Voucher). Limited spaces available! ENROL at reception or call us!

*All children must be able to swim without a floatation device.

School Holiday Fun

Our next School Holiday Fun at Nepean Aquatic Centre will be held on Wednesday 7th April from 9.30 – 12.30! Indoor Heated Pool - Giant Whale Inflatable - Floating Mats & Pool Toys.

Lifeguards on duty.

\$7 per person, or \$25 for a family of 4, \$3.50 each extra child. Under 5's free.

Aqua Fun for Kids

Our next Aqua Fun For Kids classes:

Tuesday 6th April @ 12.30 &

Tuesday 13th April @ 12.30

A 1 hour Aqua class, with fun songs, games, races, drumming on the water, and 15 minutes of free play in the water to finish.

\$7 per person, or \$25 for a family of 4, \$3.50 each extra child. Under 5's free.

Is my child a water baby or a squid?

There are milestones in our children's life that can be hard, on both us and them, but we know that we are doing the right thing for our child. Issues like bottle or breastfeed, when to wean, when to start solids, when to take away the dummy, to sleep train, let them cry it out or share a bed with Mum and Dad, when to start daycare – and the list goes on. Everyone has their opinion (and often will give it whether you want it or not) but there is really no clear cut right or wrong in most cases. It's not a matter of life and death. Except in the case of when to start babies swimming lessons. Living in Australia means being exposed to many varying aquatic situations – pools, beaches, rivers etc. Supervision and barriers are important layers of protection that should always be in place, but the sooner your child can submerge in the water, turn around and get to the side and pull themselves out of the pool, the safer they will be. Drowning remains the number 1 cause of accidental death in Australian children under the age of 5. Which is why the answer to "when to learn to swim" is clear cut – as soon as possible after 6 months of age.

Babies are not born with a fear of the water, in fact they are surrounded by water during gestation. It is much easier to introduce them to the water and practise water familiarisation with a child of this age. Sometimes, due to a range of circumstances out of our control, including covid last year, we are not able to start our children until later, which can often be more difficult for child and parent, as the child is at a different stage developmentally and sometimes more anxious. But learning to swim is not a skill that we can ignore or delay teaching simply because the child shows resistance – it is far too important not to persevere.

We generally recommend Water Babies from 6 - 24 months (where the parent is also in the water with the child) but recognise that all children are different so work with you to find the right time to promote your child to Squids, the level where a child begins to learn to swim independently of their parents. This often coincides with the child turning 2, a perfect age to begin to learn important lessons, ie to listen to instructions from the teacher, sit still and wait their turn, etc. Crying is common – the child has had Mummy or Daddy physically supporting them in the water until this point – so it's not a surprise that many children can become unsettled during this transition phase. At this point in time, patience and perseverance are the all important ingredients – as is remaining happy and positive but resolute in the face of any resistance from your child. Learning to swim is in their best interests. A child will not be traumatised by swimming lessons. They (and you) may well be traumatised by a near drowning incident, or worse.

Believe me, I practise what I preach. My own daughter cried for 8 weeks, leading to me retreating to the carpark so she couldn't see me! I understand what it is like for the parents.....so hard.....however having a backyard pool I knew I was doing the right thing no matter how much the crying was uncomfortable to listen to. But she was able to turn around and get to the side of the pool independently before she was 2 years old. The 4-6 weeks of being unsettled are difficult – but they do come through the other side, often much more quickly than that (6 weeks is only actually 3 hours of water time).

It is proven that more than 1 lesson a week can fast track swimming skills, so make ups, discounted second weekly lessons, or school holiday intensive weeks are a great way to achieve progression faster, especially for Squids, and accelerate your child's swim skills and love of the water. The longer we leave it to begin lessons, the harder it can be for a child to overcome their resistance and fears. Make the decision that your child will learn to swim, stay strong, and you will see progression in no time. We are more than happy to have a chat and answer any questions you might have – our customers are extremely important to us, teaching children to swim and keeping them safe is what we have been doing for nearly 30 years. Please reach out if you have any concerns – Love to Swim, Swim for Safety, Swim for Life!

