



NEWSLETTER

MARCH
2019

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

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DEAR CUSTOMERS,

We are always looking at new ways to improve your childrens swimming skills and provide a value for money service, so this month sees the launch of our Second Lesson Special, now available all year round at Nepean Aquatic Centre and Eva Bory's Swim School! Just \$10 for the second and subsequent lessons per week - which means less than \$30 for 2 lessons per week, averaging at less than \$15 per lesson, and the price comes down further with sibling discounts on top! Fast track your children's swimming skills, and achieve your swimming goals in half the time, at a reduced cost. Never has it been more important to teach our children to swim and keep them safer around water - why not book your child in for 2 or more lessons per week? Can be taken on the same or another day to your usual lesson.

CHANGES TO PRIVATE LESSONS

Did you know we offer Private Swimming Lessons for all levels of student's abilities, from absolute beginners to stroke improvement and correction? From March we are making Private Lessons more affordable by offering a 5 week block at a discounted price - just \$35 per lesson, for 30 minutes duration. Regular attendance of a block of Private Lessons will ensure great progress via one on one tuition, at a more affordable price than Casual Private Lessons (\$45 per half hour). Blocks begin on varying weeks for a start date to suit you, with more flexible times available than Casual Private Lessons. Lessons are paid in advance at the time of booking, and any missed lessons can be made up in the normal program following our normal booking procedures. 5 week block of Private Lessons is available at Eva Bory's Swim School only. Please email our Private Lesson coordinator Belinda to arrange a booking to suit you - belinda@nepeanswim.com.au.

PUDDLE PICS!

Eva Bory's - March 11 - 17th
Nepean Aquatic Centre - March 18 - 24th

Puddle Pics are returning to both our centres in March 2019 by popular demand - professional underwater photos taken during your normal lesson time! The photographer will aim to take up to 10 photos of each child and will be able to take sibling photos by request. No bookings necessary. There will be minimal interruption to lessons, and there is NO obligation to buy. Photos are only available for viewing and purchase on the day, and cannot be viewed online. Photos are only sold in high resolution digital format burnt to CD, USB or emailed. Make sure the kids wear their brightest swimming costumes!



NEPEAN
Aquatic
CENTRE

Eva
Bory's

SWIM STORY OF THE MONTH - GARY CRANE

We love to hear your swim stories, and those which demonstrate that habits can be broken and changed at any age are particularly inspirational.

At 47 years old, Cranebrook truck driver Gary Crane was not feeling at his best. Driving a petrol tanker with 18 gears for 12 hour shifts was causing increasing shoulder and back pain, and smoking 15 cigarettes per day was not doing his asthma any good. Long shifts of sitting driving was not conducive to healthy food and good nutrition, and the resulting tiredness did not motivate Gary to exercise.

Being invited to Darwin on a fishing trip in October 2018 with best mate John Coutis was the catalyst for change Gary needed. John, an internationally renowned motivational speaker with over 1 million Instagram followers, was born with several birth defects which included a much reduced lung capacity. Knowing he could not smoke around John whilst away fishing, Gary decided to quit smoking cold turkey.

Upon his return from Darwin, Gary decided to get fit, but didn't really feel comfortable in a gym environment, despite his son being a bodybuilder. Thinking "I've never seen an unfit swimmer" and having enjoyed swimming as a child to help with his hereditary asthma, Gary decided to give lap swimming a go, first visiting casually, then purchasing a 3 month swimming pass to Nepean Aquatic Centre (using the money saved in just one week by quitting smoking). The first 25 meters was a struggle, but Gary persevered, determined to improve his "fitness, stamina and breathing".

Just four months later, Gary says he has "found his niche in life", and the health benefits speak for themselves. Gary is now swimming over a kilometre per visit, 5 times per week, and no longer suffers from shoulder, back or neck pain. He has lost over 6 kilograms in weight and 2 inches around the waist, and doesn't need to use ventilan daily anymore, having gone from needing to replace the ventilan puffer each week to once a month. Feeling better has also led to better nutrition choices – not always easy when on the road for 12 hours a day – but Gary has replaced the service station pies with pre prepared chicken sandwiches on wholemeal bread, fruit and yogurt. Gary says "Whole days now go past without me needing to use ventilan, and my mindset has changed completely – I no longer feel the same anxiety about having an asthma attack. I enjoy swimming, it gives me time to think, and is low impact which helps with my previous pain and injuries". He adds, "I love coming to Nepean Aquatic Centre as it seems to cater for people of all shapes, sizes and abilities – I've never felt intimidated or out of place. I've found the activity that suits my lifestyle, I look forward to coming to the centre to swim, and I always get out feeling fabulous!".

When asked about his future goals, Gary lists maintaining his new found health and fitness routine, and aiming to ride his bike to swim training by summer 2019. Another aim is to swim in the Cole Classic Open Water Swim in Manly in 2020, and to be fit and healthy for his daughter's wedding in November 2020, adding "I want to look good, but honestly it's more about how swimming makes me feel good".

Well done Gary, and good luck in achieving these and any other goals you set yourself in the future! Be like Gary - come swim with us at Nepean Aquatic Centre.



EASTER & ANZAC 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 (Thursday 25th April).

If you usually have Learn To Swim lessons on the days we are closed you will not be charged for these days

SCHOOL HOLIDAY SPECIAL

EASTER SPECIAL – \$40, JUST \$10 PER LESSON

Want a school holiday activity that is fun, active and might just save your child's life? Accelerate your child's learning with a 4 day intensive swimming program at NAC in the next school holidays, from Monday 15th to Thursday 18th April! Enquire at reception.

STAFF PROFILE - ASHLEIGH BERRELL

Position? Learn to Swim & Water Babies Instructor

Which centre? Usually Eva Borys

How long have you been in current role? 18 months

Best part of the job? When you see a child overcome their fear and begin to enjoy swimming. I love building their confidence in themselves.

What you hope to achieve in your job? To build trusting bonds with each child and see them improve.

What you would like to say to customers? I'm a Mum to young kids, I know how hard it feels for you to see your child upset, but it gets easier.

Other interests and hobbies outside work? Other than spending time with my family, I'm obsessed with my dogs (and everyone else's) so I take them out swimming and hiking a lot, and I love reading.

Your wish or personal ambition for this year? To finish my teaching degree (with my sanity intact), and for my family to go travelling or camping more this year.

