



NEWSLETTER March 2021

LOVE TO SWIM, SWIM FOR SAFETY, SWIM FOR LIFE

NEPEAN AQUATIC CENTRE

EVA BORY'S SWIM SCHOOL

THIS ISSUE

- Happy Birthday NAC!
- Easter & Anzac Trading
- Congratulations
- Swim Camp, Aqua Fun for Kids & School Holiday Fun
- Stickers and progression charts
- Aqua Gentle / Natal

CONGRATULATIONS!

To all of our hardworking Learn To Swim, Kids Swim 4 Fitness and Squad swimmers who achieved great results at school and district swimming carnivals in February, many of whom were racing for the first time! Well done to all, and keep sharing your stories of success with us!



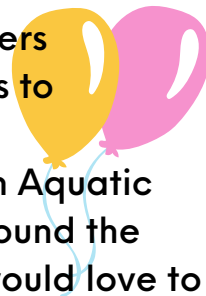
NEPEAN
Aquatic
CENTRE

EVA
Bory's

DEAR CUSTOMERS,

Happy Birthday NAC! 10 years young this month!

Thank you to each and every one of our loyal customers and great staff who have supported us and helped us to reach this milestone! If you would like to share your thoughts, stories and feelings on ten years of Nepean Aquatic Centre teaching local children to swim & be safer around the water, please email julie@nepeanswim.com.au. We would love to hear from you!



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.



SCHOOL HOLIDAY SPECIAL

Following on from our sold out January 2021 School Holiday Intensive Program, we can now announce dates for April Mon 12th April – Fri 16th April, at NAC.

5 lessons for \$50!

Keep an eye on our website and social media and we will advertise when bookings open for this program!



Lots to do in the April School Holidays!

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!

April 8 & 9, 8:30am – 3:30pm daily, at NAC. 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.

Aqua Fun for Kids

Our next Aqua Fun For Kids classes will be held Tuesday 6th April, 12.30 – 1.30 & Tuesday 13th April, 12.30 – 1.30
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.



PADDLES SUPER SWIM CAMP!

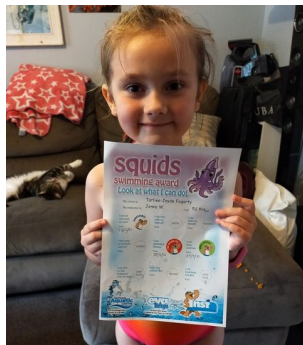
Use your \$100 voucher! Thursday 8th and Friday 9th April. 8.30am – 3.30pm.



STICKERS & PROGRESSION CHARTS HELP YOUR CHILD BECOME A SUPER SWIMMER!

Children love ongoing encouragement, which is where our progression charts come in! Children's swimming skills are celebrated as they are achieved with a sticker for their progression chart & one for them – when all stickers are obtained within the level, your child will advance to the next level!

All children are different, & some skills are harder to achieve than others, however if your child has not had a sticker for a little while and you would like an explanation as to why this might be the case, please talk to us at reception, discuss with the supervisor, or with your Learn To Swim teacher briefly at the start or end of the lesson. We're here to help, and our number 1 priority is to work with yourself and your child to progress their swimming skills and ultimately make them safer around the water.



SPOTLIGHT ON: AQUA GENTLE/NATAL

The beauty of Aquarobics is that we have a class to suit everyone, no matter your age, fitness or circumstances, with classes 6 days a week, daytime and evenings. We now also offer 3 Aqua Gentle/Natal classes a week – designed specifically for pre & post natal women & seniors.

The class is also great for people recovering from surgery, experiencing joint or mobility issues, those new to exercise, or participants returning after an extended time out. Numbers are limited to provide more space for each participant (after all we have babies on board!) Pre natal women are welcome to bring a support person to class with them – friend, mum, aunty etc. Exercise at your own pace with great music and a friendly atmosphere – come and try in March!

