

August, 2016

Love to Swim, Swim for Safety, Swim for Life!



Newsletter

Nepean Aquatic Centre

Eva Bory's Swim School

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Dear Customers,

The RIO Olympics are here! Be sure to get behind our Aussie swimming superstars and support them by watching and cheering on their efforts in Brazil! Closer to home, we also have our very own Nepean Aquatic Centre Swim Carnival at SOPAC on Sunday August 7th, and everyone is welcome to come along and cheer on our team! (Maybe some future Olympians in the making?) Until then, you can always dress the part - as we now have Speedo replica swimsuits available at the NAC Swim Shop. Boys briefs and jammers, girls and ladies sizes - stock is going as fast as our swim team so be quick!



**Congratulations to Deanne Ansen (NAC) & Neil Smith (EB)
~ Winners of our July Lucky Draw!**

YOUR CHANCE TO WIN TOO!

We have some great competitions for both kids and parents during August to really get into the Olympic spirit - all details at reception at both Eva Bory's Swim School and Nepean Aquatic Centre, or keep up to date by visiting the website!



Julie Says: Today I graduated from Water Babies for the last time.....

Last month my third – and last – child graduated from the Water Babies program at Nepean Aquatic Centre and Eva Borys's. (I mention both schools because we have attended both, depending upon my child's level and which day best suited at the time). And I have completely mixed emotions! Moving up into Squids means that my 2 year old baby will now swim independently of me, which I always thought would be cause for celebration. No more getting in the pool, I can watch from the side of the pool, latte in hand, and as an added bonus, he can now swim at the same time as my 2 older children, giving me an entire morning back. Most importantly, my youngest is getting closer to being able to swim, and therefore becoming safer around the water.



But on the other hand, my time in the water with my little boy has been lovely, and I am devastated that this special bonding time is over (as is his Dad, who sometimes got in with him instead of me). We have played games in the water, sung songs, connected with other mums and bubs, achieved several swimming skills, and had half an hour with absolutely no other distractions, no phones, no technology, just him and I and the water and supporting my child to learn to swim. One of his first phrases was 'hot shower', which he looked forward to after his lesson. I looked forward to the big lunch and the lovely restful sleep he would have in the afternoon after being in the warm water of the pool.

Moving my boy into Squids is a reminder that my youngest won't be little for long, and one of his first milestones of independence – from here it is a slippery slope into daycare, first day at school, first wobbly tooth, not wanting to hold my hand, etc, etc, until he is driving away with the P plates on!

I wish I had known how sad I would feel putting this stage behind me on the mornings when I felt too tired / too cold / too busy / too unwell to feel enthusiastic about going along to swimming lessons and contemplated (but never actually did) staying at home instead. I wish I had known how much I would miss them. I share this to encourage you, other mothers with Water Babies, to enjoy every minute of your time in the program with your little one/s, and to not put off enrolment if you have been procrastinating. Teaching your child to swim is the best gift you can give them – but being in the water with them at this precious early stage is also a huge gift to yourself!

WHY NOT SWITCH TO DIRECT DEBIT?

Direct Debit Forms can be obtained from reception and payments are processed in the first week of the month, exactly as they would be at reception, saving you time each month! **But don't forget you still have to scan through to mark off your attendance!**

FINDING DORY COMPETITIONS

WE HAD A FANTASTIC RESPONSE TO OUR FINDING DORY COMPETITIONS—AND THE WINNERS ARE.....

FACEBOOK COMPETITION:

Winner: Megan Dunlop

COLOURING IN COMPETITION:

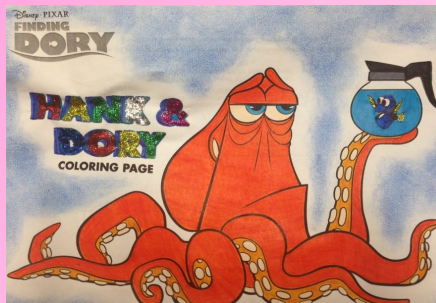
EVA BORYS:

1. Abigail Bagge – 4 years
2. Ava Nekić – 6 years
3. Tyler Shaw – 8 years

NEPEAN AQUATIC CENTRE

1. Grace Peters – 5 years
2. Thomas Renny – 9 years
3. Teneille O'Hara – 6 years

**CONGRATULATIONS TO THE WINNERS
AND THANK YOU TO EVERYONE WHO ENTERED!**



VISIT US ONLINE!

Have you visited our new website yet? You will find loads of information including prices, timetables, news, events, special offers, competitions, pictures, & much more! Be sure to join our mailing list to stay up to date: nepeanaquaticcentre.com.au or evaboryswimschool.com.au

Changing Lessons for 2017

If you are currently booked into a weekday morning class and have children going off to school next year, now is the best time to change to an afternoon or weekend class. Our busiest time of the year is fast approaching and spots are filling up fast. Changing your booking now will increase your chances of getting your preferred time / day / teacher. Please see reception or call 4730 8900 if you wish to change your booking.

www.facebook.com/NepeanAquaticCentreandEvaBorys/ - Do you LIKE us yet??



This Newsletter can also be viewed at our website www.nepeanswimandfitness.com.au or scan the bar code on your smart phone with your QR scanner app
Thank you

