

Newsletter

Nepean Aquatic Centre

Eva Bory's Swim School

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Dear Customers,

Thank you to all of our great customers and staff who made the Australia Day festivities at Nepean Aquatic Centre so much fun! Free sausage sandwiches, huge whale inflatable, Australian music, and huge smiles all round!



Have you collected your FREE school carnival swim cap yet? In your school house colour!

We are giving away a free NAC and EB branded swim cap, in school sports house colours, to all students in the following levels: Stingrays, Dolphins, Sharks, Private Lessons, Kids Swim4 Fitness and Squads – 1 per person, while stocks last! Why is your child receiving this gift? As a reward for working hard in lessons and to get them excited about their school swimming carnivals! Please go to reception after your next swimming lesson and request your cap in your school house colour!



Congratulations to Jasmine Grantham (NAC) & Nicola Gurney (EB)
~ Winners of our January Lucky Draw!



Its time to face facts – the festive season is over, and it's time to shape up!
Have you tried Aquarobics?

Aquarobics is one of the highest fat burning forms of exercise available, and is suitable for people of all ages and abilities. Enjoy the benefits of land exercise without the impact! We also have lots of classes available - grab an Aquarobics timetable from reception or view online!

Need someone to look after the children while you look after yourself? Atmosphere Kids Club is open to customers of Nepean Aquatic Centre, from 11am - 4pm, Monday - Friday, (excluding School Holidays). Cost is \$5 per child, or \$10 for 2-4 children, per casual visit, for a maximum of 2 hours.

Full details at nepeanaquaticcentre.com.au/childminding.



Earlybird Easter planning:

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 (Tuesday 25th April)**.

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

Competitive Swimming. Good luck to all of our Learn To Swim, Squad Swimming and Swim Club children in their upcoming School Swimming Carnivals - we know your hard work will pay off and you will do us proud!

Why Join A Swim Club? Swimming is an excellent way to keep children of all ages active. Physical activity provides your child with many lasting health benefits, including strong bones and muscles, healthy heart, lungs and arteries, improved coordination, balance, posture and flexibility, a reduced risk of becoming overweight or obese and a reduced risk of later developing heart disease, cancer and diabetes (type 2 diabetes is increasingly being found in adolescents).

The sport of swimming also provides participants with valuable life skills such as goal setting, discipline, friendship and belonging, teamwork, and the most obvious benefit, the ability to potentially save one's own life, or others if difficulties are encountered in an aquatic environment. Anyone can join a swimming club no matter what fitness or ability level they are currently at. Swimming clubs provide the opportunity for individuals to swim recreationally (for fun and fitness), and/or for those who want to swim competitively to achieve their personal best!

Congratulations to all of the NACSC touring team who recently competed at the South Australian State Championships in Adelaide in January - a great job by everyone involved! They were Jack Benson (14), Thomas Gardiner (14), Jack Hanrahan (13), Oskar Staniucha (13), Lucas Bentley (13), Lachlan Hanrahan (10), Abbi Slaughter (16), Lauren Wolsey (14), Hannah McPherson (14), Coral Bullard (14), Charlotte Forti (12), Jordan Amies (12), Madison Joines (12), Tanna Davey (10), Kiani Slaughter (10) & Teagan Hinds (10). Thanks to Head coach Jackie Barck & Team Manager Wendi Davey for travelling with and looking after the team. We are especially proud as many of these athletes have been with us since they were water babies, learning to swim!

Congratulations also to the 6 athletes who competed in the Australian Open Water Championships held at Brighton Beach in Adelaide, SA, at the end of January. Representing us in the Nationals (5km swim) were Kyron Deacon-Chilmaid (17), Kayla Bentley (16), Keisha Deacon-Chilmaid (14) & Jack Hanrahan (13). Representing in the JX category (2.5km swim) were Bethany Mavin (14) and Lucas Bentley (13). Well done!



Its been a horror summer for drownings - would you know what to do in an emergency?

We run monthly CPR courses at Nepean Aquatic Centre, with instruction by a Royal Lifesaving Society qualified trainer and assessor. Ideal for all parents, grandparents and carers, especially those with a backyard pool, or for anyone who requires a CPR certificate for their employment. See our website for course dates.

