

March, 2017

Love to Swim, Swim For Safety, Swim For Life!



Newsletter

Nepean Aquatic Centre

Eva Bory's Swim School

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Dear Customers,

We will be CLOSED for trading on Good Friday, **OPEN FOR TRADING EASTER SATURDAY**, and CLOSED for trading Easter Sunday and Monday.

Customers whose normal lessons fall on the Friday, Sunday or Monday will not be charged for this day and do not have to do a make up.

Children visiting us for lessons on the Saturday will be treated to Easter eggs at both Nepean Aquatic Centre and Eva Bory's, and a special visit from Paddles The Platypus at Nepean Aquatic Centre! **HAPPY EASTER!**

We will also be CLOSED on Tuesday 25th April for ANZAC DAY.

Have a safe and Happy Easter!

School Holiday Special and School Holiday Fun will return in the July School holidays. Neither will run this school holidays due to Easter.



Congratulations to

Ilona Ter-Stepanova (NAC) & Linda Zhang (EB)

~ Winners of our February Lucky Draw!

NEW Nepean Aquatic Centre and Eva Bory App: Nepean Swim

Want to get all the latest news from NAC & EB straight to your mobile, plus let us know when you will be absent without having to call? There's an App for that! It's NEW, it's FREE, and it's available for iPhones at the App Store, or for Android phones at Google Play. Just search for **Nepean Swim**.

As well as receiving push notifications re important dates and events, opening hours, special offers etc, you will have all the information and timetables you need at your fingertips –anytime, anywhere! Simple to use, the app integrates directly with your social media accounts, forms are available to download direct from your phone, and there's also some fun features like Swim Cam and Swim Notes to chart your children's progress, never forget a makeup, or simply record that days achievement in class! **Download today and check it out!**



Aquarobics News! There are some changes to Aquarobics @ NAC from March 6th!

Aqua Fit: General Aquarobics, may include Circuit, Boxing, High Intensity Interval Training, Tabata, Resistance Exercises, etc. All classes contain various levels of intensity so that all participants are challenged. Max 40 in class.

Aqua Gentle: A gentle Aquarobics class, for seniors, people recovering from surgery, as an exercise recovery session, for people with joint or mobility issues, or for people getting back into exercise after a break or into exercise for the first time. Also beneficial pre and postnatally. Max 40 in class.

Aqua Natal: A specialised class for pre and postnatal exercise, includes cardio & toning. Participants report improved sleep & mobility. Partners, mothers, aunties, friends and other support people welcome to also attend. Max 40 in class.

Aqua Deep: Non weight bearing exercises using a buoyancy belt (provided) in deep water, providing a whole body workout! Max 25 in class.

Same classes, different class names, and more variation of instructors! All classes are 1 hour duration.

Heartmoves has been discontinued (Australia wide). We have replaced Heartmoves with Aqua Gentle, suitable for seniors and many others!

We have a new discounted 10 visit pass for seniors, which can be used at any of our Aquarobics classes, not just Aqua Gentle. (Seniors card must be used to purchase this pass.)

You may check in to an Aquarobics class and receive a session attendance card up to 60 minutes before the class is to begin. The session attendance card is to be handed to the instructor before entering the water to ensure maximum numbers are not exceeded. We do not accept class bookings.

Pick up a timetable at reception!

	MON	TUES	WED	THURS	FRI	SAT	SUN
9.30am		Aqua Deep (Brooke)				Aqua Deep (Karen)	
12.30pm	Aqua Fit (Casey)		Aqua Fit (Karen)		Aqua Fit (Brooke)		
1.30pm	Aqua Gentle (Casey)				Aqua Gentle (Brooke)		
6.45pm	Aqua Fit (Brooke)	Aqua Fit (Casey)	Aqua Natal (Karen)	Aqua Fit (Julie)			
7.45pm			Aqua Fit (Karen)				



Swimming all year round!

At times, swimming is often seen as a seasonal activity, especially as the weather outside grows cooler and other sports compete for both your child's and your family's time! Starting dates for 'winter sports' are creeping up and we would like to remind everybody that swimming lessons are not a seasonal activity, and should be maintained all year round. Swimming lessons play a crucial part in building layers of protection near water for young children, and the skills and behaviours taught in lessons need to be reinforced all year round. If we can learn anything from the horror summer of drownings we have just experienced, it is that swimming skills are of paramount importance to children's safety. Consistency is key, all year round, when learning to swim.

Children under 5 are just beginning to develop muscle memory, and need constant reinforcement to retain skills previously learnt, so a break in lessons often results in a loss of skills. Don't let all the time and money spent on lessons previous to the cooler months go to waste! Swimming is a life skill - the risks posed by drowning do not go away in the cooler months of the year.



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www.nepeanaquaticcentre.com.au
 or scan the bar code on your smart phone with your QR scanner app
 Thank you from the team at Nepean Aquatic Centre and Eva Borys

