

May, 2017

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



# Newsletter

Nepean Aquatic Centre

Eva Bory's Swim School

## In this Issue:

- Happy Mother's Day!
- Sunday 14th May
- Mother's Day competition
- Lucky Draw Winners
- June Long Weekend
- Julie's Corner
- LIKE us on Facebook
- May is for Mums!
- Swimming in Winter



Dear Customers,

**HAPPY MOTHER'S DAY!** Wishing all of our fantastic, hard working Mums a wonderful Mother's Day with your families!

**Gift vouchers available for Aquarobics and Public Swimming!**

**Mother's Day Competition!**

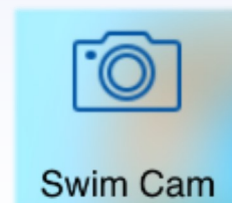
*We have some great prizes up for grabs - this year it's Mums turn to enter the competition!*

**Step 1 - Download our App - Nepean Swim - from the App Store or Google Play.**

**Step 2 - Send us a photo of your child, or yourself and your child (selfies allowed!) through the Swim Cam feature in the App menu, using the camera in your phone! Take a pic at our swim centres, celebrating Mother's Day, or simply spending time together - and enter as many pictures as you like during the month of May!**

The best pictures will be chosen in early June, and the winners will receive great prizes including free swimming lessons, Aquarobics passes, vouchers for Revive Urban Health Retreat & Spa, vouchers for Atmosphere Health and Fitness Club and more! For a list of prizes and full Terms and Conditions please visit:  
[nepeanaquaticcentre.com.au/about/competitions](http://nepeanaquaticcentre.com.au/about/competitions)

**Good Luck!**



**Congratulations to Andrew Walker (NAC) & Clio Cusmiani (EB)  
Winners of our April Lucky Draw!**

## June Long Weekend

Nepean Aquatic Centre and Eva Bory's Swim School will be OPEN as usual for Learn to Swim and all other sessions / timetables over the Queens Birthday public holiday long weekend in June.

Consistency is very important when learning to swim, so we encourage you to come over the long weekend. If you do not wish to attend your lesson, please ensure that you cancel at reception and you will have until the end of July to do a makeup lesson.

## Julies Says: Local Swim Stars shining brightly!

*We know that swimming is a skill our children need to learn to keep them safer around water, but there are so many further benefits to be had, including health, fitness, social interaction, team building, and providing a pathway to sporting success, both in competitive swimming and other aquatic pursuits, as these impressive athletes prove!*



**Jade Sweeney:** The Sweeney family has had a long association with EB and NAC, with Jade and brother Jack (now 17), learning to swim with us from squids to sharks, and in Kids Swim 4 Fitness and father James Sweeney coaching swimming at both centres for nearly a decade. Jade is currently 15 years old and has been diving for just 4 years. Jade has just competed in the Dresden International youth diving meet – the largest international competition for junior athletes after the Junior World Championships – and came in 6<sup>th</sup>! We are proud to have provided some sponsorship for Jade to travel to Germany, and look forward to seeing her continue to achieve success.



**NACSC Athletes:** Last month saw several NACSC athletes representing us at the 2017 Australian Open National Swimming Championships and Age National Championships in Brisbane. It just goes to show that with dedication, our swim kids can follow their swimming dreams!

**Sean Webber:** At the time of writing, Sean Webber is competing at the World Masters Worlds Games in Auckland, New Zealand in several swimming events. Sean, who is currently on the National Disability Council, and runs the Achievers program with his mother Judy at NAC since we opened (and for Nepean Swim and Fitness since 2006) is competing in the S7 category, in the under 35's age group. With 1 event to go, Sean has already won 2 gold medals, placing 1<sup>st</sup> in both the 50m Backstroke and 100m Freestyle! We are so proud, go Sean!



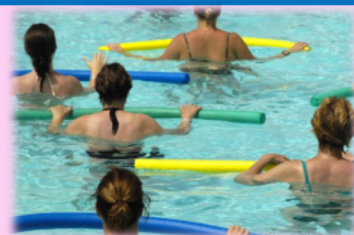
**Matthew Wilson:** Rising swimming star Matt Wilson, 17 from Springwood, recently made the Australian Swimming Team for the 200m breaststroke at the World Swimming Championships in Budapest in July. Matt, who was named Blue Mountains Sportsperson of the Year on Australia Day in 2016, now trains at Homebush, but learnt to swim at Eva Bory's Swim School as a small child. It is wonderful to see our learn to swim students go on to achieve such sporting heights in the pool, and we will follow Matt's progress with great interest!

## PSSSSSSST?

**Do you LIKE us on Facebook yet?  
Have you downloaded our App? Go ahead - make our day.....**

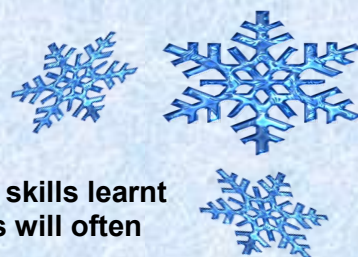


**May is for Mums!** With the kids back at school, the Easter chocolate eaten and the cooler weather on its way, it's time to look after you! Beat the winter blues (and the scales creeping upwards) by coming along to Aquarobics - one of the highest fatburning forms of exercise available! Daytime and evening classes are available at Nepean Aquatic Centre!



## Learn to Swim in Winter

By keeping your lesson booking current over the winter months, you will ensure that you retain your position in the program with your preferred instructor on your preferred day and time. We certainly encourage you to keep attending lessons as normal over winter, and swimming is great cross training for winter sports! Continuing lessons is extremely important for building and reinforcing the skills learnt over the past few months, and a break in lessons that stretches over many months will often result in a loss of skills, wasting all of the effort put in during summer.



This Newsletter can also be viewed at our website [www.nepeanaquaticcentre.com.au](http://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 Swim & Fitness

