

October, 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,

What an exciting few months of sport it has been, from the Olympics to the Paralympics, our own Nepean Aquatic Centre Swim Club Carnival at SOPAC, and of course the Penrith Panthers impressive NRL season! Congratulations also go to the winners of our Paralympics Competition, we know you will enjoy your prize of a season pass to Wet and Wild. Stay tuned for more chances to win leading into Xmas!



Does your child love swimming? Have you ever considered joining a Swim Club?

**The Nepean Aquatic Centre Swim Club** summer season starts Friday night **14th October** at NAC! Suitable for all ages and abilities, from social to competitive swimmers, club night is great fun...and you can come along and participate for 2 club nights before having to become a member. All details at [www.nepeanaquaticcentreswimclub.com](http://www.nepeanaquaticcentreswimclub.com)



**Congratulations to Mrs Amy Vella (NAC) & Mrs Tiffany Kowalczyk (EB)**

**~ Winners of our September Lucky Draw!**

**2nd Annual Open Water Swim Event comes to the Regatta Centre in Penrith in October - \$4,500 to be won!**

Held on Saturday 22nd October, the 2nd Annual Nutrition Station Open Water Swim offers both a Junior (10 -13 years, 2.5km) and Open (over 12 years, 5km) event, with a total of \$4500 in prize money to be won. \$1000 and a trophy will also be awarded to the highest point scoring swimming club, however individual achievement will also be rewarded, with medals to be awarded to 1st, 2nd and 3rd placed male and female in 20 age categories, from age 10 to 60 years and over, catering for everyone from competitive athletes looking to achieve qualifying times to social swimmers looking for a challenge.

Hosted by Nepean Aquatic Centre Swim Club, the event has been made possible via sponsorship from local businesses including Nutrition Station, Nepean Aquatic Centre and Dukes Real Estate Agents, plus support from the Penrith SES who will be providing First Aid and water safety on the day.

All event information can be found at [www.nepeanaquaticcentreswimclub.com/open-water-events-1/](http://www.nepeanaquaticcentreswimclub.com/open-water-events-1/)

Entries close online 9pm on Wednesday 19th October, with late entries open until 8.30am on the morning of the event.

**ARE YOU UP FOR THE CHALLENGE?**



## Terry's Corner: Real Swimming Time & The Benefits of Multiple Lessons per Week

Hello swim schoolers! 1 of the most common questions that I get asked is "how many lessons per week should we do?" - a hard question to answer because there are so many variables. But it got me thinking about what would benefit our students the most, and who would benefit most from multiple lessons? Once a student gets to an age where understanding of instructions and physical coordination are good, then they will benefit from multiple lessons, whereas, the younger students will get more from attending the regular weekly lesson to reinforce the swimming education.

**Why would you want your child to do multiple lessons per week?** The simple answer is the more time spent in the water means the faster they will learn the skills. Basically it's real swimming time, and the more of this we can give a student, the better. Do 2 lessons per week and you're doing 2 months worth of lessons every month, do 3 lessons you're doing 3 months, etc. At the lower levels this will help your child to progress to the next level and at higher levels it helps to learn and improve the new strokes quicker.

**Other benefits of multiple lessons per week are** that your child is getting fitter with extra exercise, they are preparing for school swim carnivals with extra practice and they are improving their stamina in preparation for Squads or Kids Swim 4 Fitness.

**So I thought, what can I do to make this happen?** I think the main barrier to doing extra lessons is the cost, so I'll start from there.

**From October the discount for a 2nd weekly lesson will be 40% and 3rd & 4th lesson 50% and 5th lesson per week is 73%.**

We will also introduce other incentives as we go along but for now if you think your child will benefit from the extra lesson, it's been made very affordable for you. I hope you will consider taking up this offer to fast track your child's progress through the levels.

(All of our customers already doing multiple lessons per week will receive the same new discounts automatically).

Please keep the discussion topics coming in to [terry@nepeanswim.com.au](mailto:terry@nepeanswim.com.au). Until next month: Stay Safe Around Water, thanks for reading, Terry.



## Christmas Trading 2015

For those of you who like to plan ahead, our last day of trading at Eva Bory's and Nepean Aquatic Centre will be Friday 23rd December 2016 and we will recommence trading on Tuesday 3rd January 2017.

Eva Bory's will be **CLOSED** for the duration.

Nepean Aquatic Centre will be **CLOSED** except for:

\* 29th, 30th & 31st December, Open 8am-12pm for Public Swimming only.

## NEW SEASON SPEEDO SWIMWEAR now in stock!

**Great prices, endurance (chlorine resistant) fabric.**

**Toddlers, boys, girls, men's & ladies sizes available!**



## Learn To Swim kids doing us proud at the Transplant Games - Congratulations to Kyla and Kobi!

The 15th Australian Transplant Games were held in Western Sydney from 24th Sept to 1st Oct. The Games provide transplant recipients, their families and donor families to participate in a number of events with the aim of promoting the benefits of organ and tissue donation. Kyla (a liver transplant recipient) and her younger brother Kobi (Kyla's biggest supporter) participated in the Games' swimming events. Both performed really well with Kobi winning bronze in his event (25m backstroke for siblings) and Kyla winning silver in each of her events individual events (25m freestyle, backstroke and breaststroke) and bronze in the relays she swam.

Kyla and Kobi have enjoyed showing off their swimming skills whilst also being involved in raising awareness for organ and tissue donation. People can register their wish to be an organ donor online by going to [www.donatelife.nsw.gov.au](http://www.donatelife.nsw.gov.au). It only takes a few minutes and this decision has the power of making a difference and saving a life, which is what Kyla's donor family did for her.



## 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 here 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.





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This Newsletter can also be viewed at our website  
[www.nepeanaquaticcentre.com.au](http://www.nepeanaquaticcentre.com.au) or [www.evaboryswimschool.com.au](http://www.evaboryswimschool.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 Bory Swim School

