

October, 2017

Love to Swim, Swim for Safety, Swim for Life



Newsletter

Nepean Aquatic Centre

Eva Bory's Swim School

In this Issue:

- NACSC
- Lucky Draw Winners
- Open Water Event
- Terry's Corner
- Aquarobics Changes
- Xmas Trading
- Changing Lessons for 2017
- Swim Shop
- Facebook



Dear Customers,

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

The Nepean Aquatic Centre Swim Club summer season starts Friday night **13th 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



Congratulations to Ainslie Cottle (NAC) & Ashley Kanj (EB)

~ Winners of our September Lucky Draw!

3rd Annual Open Water Swim Event comes to the Regatta Centre in Penrith in October - \$4,500 to be won!

Held on Saturday 28th October, the 3rd Annual Nutrition Station Open Water Swim offers both a Junior (10 -14 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/

Entries close online 9pm on Wednesday 25th October, with late entries open until 8.30am on the morning of the event.

ARE YOU UP FOR THE CHALLENGE?



Terry's Corner: The importance of supervision, swim skills (for young and old) and pool safety



The Royal Lifesaving National Drowning Report was released last month, and unfortunately the news is not good. 291 people died as a result of drowning in Australia in the 2016/17 financial year - a 3% increase on the 282 drowning deaths in the previous period. 32% drowning deaths occurred in NSW, the highest state percentage nationwide.

Extremely concerning is the fact that drowning in children under 5 increased last year, with 29 children aged 0-4 years drowning, a 38% increase on the previous year. Greg Hunt MP, Minister for Health said "Australians love the water, it's an important part of our culture. This is a sobering reminder to always actively supervise children around water, for people young and old to learn to swim and survive, to increase lifejacket use, reduce alcohol consumption around water and to always respect the river".

Justin Scarr, Royal Life Saving CEO said "Kids and families love pools, but they can pose a significant drowning risk to toddlers. Royal Life Saving urges pool owners to actively supervise young children around water and check that the pool fence and gate is in good working order."

The report found there were 12 drowning deaths in children aged 5-14 years. Justin Scarr said "Though many Australian children swim well, we still find too many kids can't swim at all and have limited water safety knowledge."

The 2017 report is the first to examine the impact of both fatal and non-fatal drowning, with Royal Life Saving estimating that there were an additional 685 non-fatal drowning incidents requiring hospitalisation in 2016/17. Many of these people will require long term medical assistance.

Royal Life Saving has developed a home pool safety checklist home owners can use to minimise the risks. You can find the checklist at: www.royallifesaving.com.au/families/at-home/home-pool-safety/home-pool-safety-checklist.

Please keep the discussion topics coming in to terry@nepeanswim.com.au.

Until next month: Stay Safe Around Water, thanks for reading, Terry.

CHANGES TO AQUA IN OCTOBER!

It is with sadness that we farewell Casey, Aqua and LTS instructor, and wish her luck in her next role! This month welcomes new Aqua instructors Mel and Mary, to take over Casey's classes and add even more variety to our team! Please say hi and welcome them to NAC!

Karen will be away on Wednesdays daytimes all of October, as she is taking the opportunity to acquire some new skills. Brooke will be taking Karen's Wednesday day classes until Karen is back mid November.

All class types and class times will remain the same. Thinking of trying Aquarobics? Timetables and prices are on the website!



Christmas Trading 2017

For those of you who like to plan ahead, our last day of trading at Eva Bory's and Nepean Aquatic Centre will be Saturday 23rd December 2017 and we will recommence trading on Tuesday 2nd January 2018.

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

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

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

Changing Lessons for 2018

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.



**NEW SEASON
SPEEDO SWIMWEAR
now in stock!**

**Great prices,
endurance (chlorine
resistant) fabric.
Toddlers, boys, girls,
men's & ladies sizes
available!**



LIKE, please be our friend!



This Newsletter can also be viewed at our website
www.nepeanaquaticcentre.com.au or 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

