



NEWSLETTER

FEB
2021

LOVE TO SWIM, SWIM FOR SAFETY, SWIM FOR LIFE

NEPEAN AQUATIC CENTRE

EVA BORY'S SWIM SCHOOL

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LOVE TO SWIM
SWIM FOR SAFETY
SWIM FOR LIFE!

DEAR CUSTOMERS,

Now that everyone is getting back to school & normal routine, it's time to again focus on water safety. Learning to swim is one of the cornerstones of water safety, but please be aware of the other important safety considerations including: supervision, checking pool fences and gates, educating yourself and your children about ocean and river conditions, and learning CPR.

We offer CPR courses monthly at NAC, run by a Royal Life Saving trainer. Make sure you know what to do in an emergency - check the website for course dates or enquire at reception!

PADDLES SUPER SUMMER CAMP

What is the Paddles Super Summer Camp? It's a 2 day pool party! Fully supervised fun & action packed 2 day program at Nepean Aquatic Centre of indoor and pool based games, water safety, creative activities, art, music, water drumming and percussion, inflatable slide, friendly competition and much more! Fee's are 100% covered by the Creative Kids Voucher.

Dates for the next School Holiday Camp will be advertised soon!

See pictures below of the January camp - lots of fun was had and new friends were made, alongside some very important water safety lessons learnt!



GET FIT IN FEB WITH AQUAROBICS!

Did you know Aquarobics is one of the highest fat burning forms of exercise, with minimal impact on joints? We have classes running 6 days a week at NAC, including Aqua Fit, Aqua Deep and Aqua Gentle! PLUS we have a great range of Speedo stock at our swim shop - great swimming costumes for Aquarobics - using Endurance chlorine resistant fabric! Come see our huge ranges of styles for all shapes & sizes! NEW women's legsuits have just arrived!



NEPEAN
Aquatic
CENTRE

eva
Bory's



ADULT GROUP LESSONS

It is NEVER too late to learn to swim! Our Adult Group lessons are 1 hour in duration and are delivered in an 8 week block – our next block starts 2nd Feb to 23rd March 2021. Included in the price is also a FREE 10 visit swim pass that can be used at either of our centres. All the teachers are Austswim qualified and can teach you from being an absolute beginner right through to advanced stroke correction. Please contact belinda@nepeanswim.com.au with any queries or to enrol!

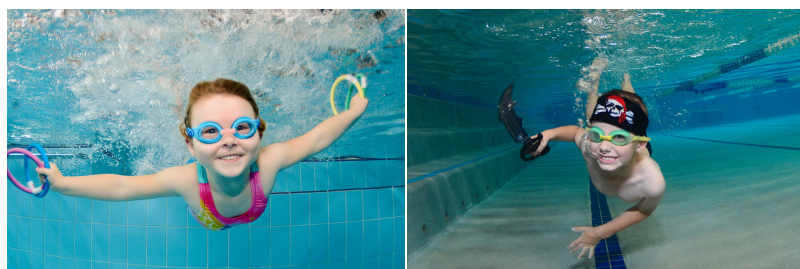
SWIM SHOP - ALWAYS 15% OFF RRP ON SWIMWEAR!

We have everything you need for your school swimming carnivals - caps, goggles, backpacks, kickboards, wet kit bags, and new season swimwear (all in Endurance fabric and all 15% off all year round). Great range at great prices!



MULTIPLE LESSONS!

Did you know we have discounted pricing for multiple lessons? JUST \$10 for a 2nd (and subsequent) weekly swimming lesson for your child, available all year round! So if you do 2 lessons per week, you are paying less than \$15 per lesson! Further sibling discounts still apply. Achieve your swimming goals in half the time, while receiving a discount – what's not to love? Add a second weekly lesson at any time.



LOVE TO SWIM DAY - FEB 14

Sometimes also known as Valentine's Day, Love To Swim Day is on February 14th. To celebrate, we will be offering 1 months free swimming lessons via a competition on Facebook. All you need to do is post a pic of your child loving to swim with a 25 words or less comment WHY they love to swim! So.....if you don't already like us on Facebook, Like us now and we will post the competition very soon!

Good luck!



SWIMMING AND SCHOOL

Did you know that children who are learning to swim actually may do better at school? A study conducted by Griffith University suggests that swimming children are not only safer, but smarter. The research conducted over four years has concluded that children who swim demonstrate more advanced cognitive & physical abilities than other children, providing many advantages when starting school. In addition, swimming lessons add exercise, discipline & structure to your child's week, perfectly complimenting their experience at school, whilst teaching them a valuable life saving skill.

ACTIVE KIDS VOUCHERS

Active Kids vouchers are now available from the Service NSW website - \$100 for every school age child. Just bring to reception to use for swimming lessons! Download your Creative Kids Voucher to use for our next Paddles Super Camp!

