



## THIS ISSUE

- We are OPEN Oct long weekend!
- School Holiday Fun!
- Swim Shop
- National Drowning Report
- Adult LTS
- NAC Swim Club
- Like and Follow Us

## SWIM SHOP

New stock has arrived! Top brands, chlorine resistant fabric, huge range of styles and sizes at great prices - 15% off RRP!



# NEWSLETTER

OCT  
2019

LOVE TO SWIM, SWIM FOR SAFETY, SWIM FOR LIFE

NEPEAN AQUATIC CENTRE

EVA BORY'S SWIM SCHOOL

## DEAR CUSTOMERS,

HAPPY SCHOOL HOLIDAYS TO ALL OF OUR SWIM FAMILIES! We are OPEN Monday 7th October as usual, closing just a little early at 7pm at NAC only - so no 6.45pm Aquarobics or public swimming after 7pm at NAC. Lessons continue as usual over the school holiday break, so if you are going away, please be sure to let us know via reception or our app. For any lessons missed in October, you will have until the end of November to do a makeup lesson. Also - now is a great time to change your child's lesson for 2019 if they are going off to "big school" next year, as afternoon time slots do fill fast.

## SO MUCH SCHOOL HOLIDAY FUN AT NAC!

Looking for something a little different this school holidays? We have LOADS OF FUN for the kids at Nepean Aquatic Centre!

**AQUA FUN 4 KIDS!** Both Tuesdays in the school holidays (1st and 8th Oct) from 12.30 – 1.30 at NAC. A 1 hour Aquarobics class, with fun songs, games, races, drumming on the water, and 15 minutes of free play in the water to finish. No children without a parent / grandparent / adult in the water – no adults to attend the class without a child.

**SCHOOL HOLIDAY FUN** – Wed 9th Oct – 9.30 – 12.30 at NAC. Inflatable slide, lifeguards on duty, floating mats and pool toys, indoor heated pool.

**SCHOOL HOLIDAY FAMILY SWIM PRICE** – Available every day of the school holidays during public swimming times at both Nepean Aquatic Centre and Eva Bory's Swim School!

**ALL ACTIVITIES ABOVE PRICED AT \$7 per person, or \$20 for 4 people, and \$3.50 each extra child. COME HAVE FUN WITH US!**



# LOVE TO SWIM, SWIM FOR SAFETY, SWIM FOR LIFE!

## Results of the 2018/19 Royal Life Saving National Drowning Report - JULIE'S CORNER

The nature of the swim safety industry means that I often find myself writing about the dangers of the water and the tragic losses sustained. Each loss saddens myself and my colleagues greatly, as we are well aware that these are people, often children, we are talking about, not just statistics. Which is why it is really depressing to read the findings in this year's Royal Life Saving National Drowning Report, especially after last year's analysis reported the lowest number of drownings in 15 years.

The 2018/19 figures show that 276 people lost their lives to drowning between 1st July 2018 and 30th June 2019 and an estimated further 584 people experienced a non-fatal drowning incident, many of whom will suffer long term effects. This represents a 10% increase on drowning deaths when compared to the previous year, and highlights the fact that we need to remain vigilant in terms of year round water safety.

Sadly, 19 children between the ages of 0-4 lost their lives in the past year - a 12% increase in drownings within our most vulnerable group. Accidental falls into water remain the leading activity prior to drowning among this age group, accounting for 84% of all deaths. This is simply devastating for the families involved. Drowning remains the leading cause of accidental death of children under 5 years, so we can never underestimate the importance of swimming skills and supervision around water.

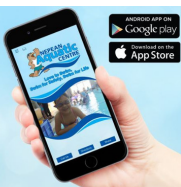
8 children between the ages of 5 and 14 were also lost in the same period, emphasising the importance of swimming lessons until children are able to swim competently, as "swimming and recreating" was the leading activity immediately prior to drowning. Swimming skills from a young age are a piece of the personal water safety puzzle that simply cannot be neglected. Please, continue swimming lessons until your children are fully capable in water and encourage others to enrol their children in swimming lessons. A recent RLS report showed that children who had regular weekly lessons were most likely to reach national safety and swimming benchmarks at age 9 and 10, yet only 25 per cent were staying in lessons long enough to reach this standard - that's just not good enough in a country whose lifestyle is defined by water. We can never drown proof our children, but we can do everything possible make them safer.



## ADULT LEARN TO SWIM

Do you know how to swim, or did you never have the opportunity to learn? Could you save your child if they were in trouble? Do you miss out on all the fun in the sun with your family that swimming provides? It is NEVER too late to learn! Our Adult Group lessons are 1 hour in duration and are delivered in a block - the next block begins on October 15th and runs for 9 weeks. 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](mailto:belinda@nepeanswim.com.au) with any queries or to enrol!

**HAVE YOU  
LIKED &  
FOLLOWED  
US YET?**



## NAC SWIM CLUB

With summer Club Night resuming October 18th, and the NACSC Open Water Swim event on October 26th, there is no better time to join the NAC Swim Club! The sport of swimming provides participants with valuable life skills such as goal setting, discipline, friendship & teamwork. All information regarding the NAC Swim Club can be found at [www.nepeanaquaticcentreswimclub.com](http://www.nepeanaquaticcentreswimclub.com)

