



# NEWSLETTER

JUNE  
2019

LOVE TO SWIM, SWIM FOR SAFETY, SWIM FOR LIFE  
NEPEAN AQUATIC CENTRE EVA BORY'S SWIM SCHOOL

## THIS ISSUE

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- \$10 second lessons
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## REMINDER!

*2nd & subsequent weekly lessons are just \$10 per lesson!*

*Fast track your child's swimming skills this winter!*

## DEAR CUSTOMERS

Nepean Aquatic Centre and Eva Bory's Swim School will be OPEN as usual for Learn to Swim and most other sessions over the Queens Birthday public holiday long weekend Sat 8 - Mon 10 June. Please note NAC will close at 7pm on Monday 10th June, therefore 6.45pm AquaFit will not be offered on this date, however Swim4Fitness will still run at EB's from 6.45-8pm on Monday evening. 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 via the app 'Nepean Swim' and you will have until the end of July to do a makeup lesson.

## JULY SCHOOL HOLIDAY SPECIAL

Want something fun and healthy for the kids to do in the school holidays? Accelerate your child's learning with a 1 week intensive swimming program at NAC in the next school holidays! Just \$10 per lesson, \$50 for 5 lessons! Runs from July 8th - 12th!

Classes are available for our Squids, Platypus, Stingrays and Dolphins classes. Sharks may attend the Dolphins class. Give your child's swimming skills a boost through a weeks intensive training.

Enquire at reception today!



**NEPEAN  
Aquatic  
CENTRE**



**EVA  
Bory's**



## JULY SCHOOL HOLIDAY FUN

Come join us this for some FUN on Wednesday 17th July 9.30am -12.30! NEW giant inflatable, Indoor Heated Pool, Pool Toys & Lifeguards on duty for additional supervision.

## NACSC SWIMATHON

Our swim club would like to thank all members and sponsors who helped to raise much needed funds for our club!



**AUSTRALIAN  
House & Land**

**ZACHomes**  
www.zachomes.com.au

**ATMOSPHERE**  
HEALTH & FITNESS CLUB

# SWIM ALL YEAR ROUND TO STAY SAFER!

Common questions when talking about the importance of learning to swim is "Why should children swim all year round? Surely it is only important to swim in the warm summer months? Won't my child get sick?"

**These assumptions are completely incorrect.**

Learning to swim is a long term, ongoing process, and consistency is the key to the development and maintenance of swimming skills. Attending swimming lessons makes up an important part of a child's weekly routine throughout their infant, preschool and early school years, and should not just be limited to the summer months, as the skills and behaviours taught in lessons need to be practised all year round to allow children to develop at their own pace. Unfortunately the risks posed by drowning do not go away in winter, so neither should the lessons.

Additionally, children under 5 are just beginning to develop muscle memory, and need constant reinforcement to retain skills previously learnt, so a break in lessons often results in a loss of skills. By taking a break in the cooler months, you may be wasting all the time and money spent on lessons previously, and by swimming all year round children remain confident in the water, and fit for their other sporting pursuits! **It is important to remember that learning to swim is not just another option on the list of sports and activities available to children – it is an invaluable lifesaving skill – not a seasonal recreational activity.**



## STAFF PROFILE - JEN JOLIFFE

**Position:** Swim for Fitness Coach

**Which centre:** Nepean Aquatic Centre

**How long have you been in current role:** I have been doing S4F for about 5 years but have been with Nepean Swim and Fitness for over 17 years and have taught babies to squads.

**Best part of the job:** Love seeing my kids achieve success in their school carnivals and the little wins we have each week when one of them nails a drill or activity.

**What you hope to achieve in your job:** I hope to instil a lifelong love for water and swimming and maintain that passion throughout the preteen/teenage years which can be a time when a lot of kids give away swimming for other sports or activities or can give away sport entirely.

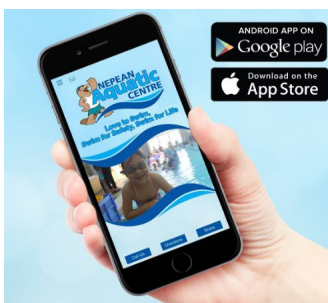
**What you would like to say to customers:** Thanks for allowing me to be a part of your kids lives and hopefully make a difference in keeping them active, healthy and motivated.

**Other interests and hobbies outside work:** When I'm not at the pool I'm either at my other job as an Occupational Therapist, wrangling my three young boys, husband and dog, or keeping fit either Running, playing Basketball or Oztag!

**Your wish or personal ambition for this year:** I hope to achieve my goal of completing my first road half-marathon!



## STAY CONNECTED!



Via Instagram,  
Facebook,  
Website &  
our mobile app  
"Nepean Swim"