

NEWSLETTER

March
2020

LOVE TO SWIM, SWIM FOR SAFETY, SWIM FOR LIFE

NEPEAN AQUATIC CENTRE

EVA BORY'S SWIM SCHOOL

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CONGRATULATIONS!

To all of our hardworking Learn To Swim, Kids Swim 4 Fitness and Squad swimmers who achieved great results at school and district swimming carnivals in February, many of whom were racing for the first time! Well done to all, and keep sharing your stories of success with us!

DEAR CUSTOMERS,

Happy Birthday NAC! 9 years young this month!

Thank you to each and every one of our loyal customers and great staff who have supported us and helped us to reach this milestone! Safety is at the heart of absolutely everything we do - our aim is that all local children will learn to swim, and our greatest hope is to work together as a community to see the drowning statistics reduced to zero. Swim for Life!

Easter and Anzac Day Trading

We will be OPEN for trading as usual on EASTER SATURDAY, but CLOSED GOOD FRIDAY, EASTER SUNDAY and EASTER MONDAY.

We will also be CLOSED on ANZAC DAY (Sat 25th April). You will not be charged for lessons on the days that we are closed.



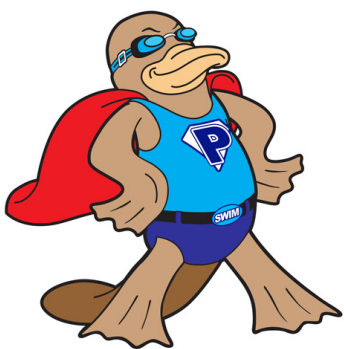
SCHOOL HOLIDAY SPECIAL

Following on from our sold out January 2020 School Holiday Intensive Program, we can now announce dates for April

Monday 20th April – Fri 24th April 2020, at NAC.

5 lessons for \$50!

Keep an eye on our website and social media and we will advertise when bookings open for this program!



NEPEAN
Aquatic
CENTRE

EVA
Bory's

Swim story of the month - Gary Crane

There are so many benefits to swimming for all ages in addition to safety, and we love to hear stories from our customers about how swimming has made them healthier and happier too. We revisited regular lap swimmer Gary Crane, to get an update on his health more than a year after he started swimming and just after his first ocean swim! Back in 2018, 47 years old Cranebrook truck driver Gary was not feeling at his best. He was smoking 15 cigarettes per day, sitting driving a petrol tanker 12 hours a day, eating badly and needing regular Ventolin. Gary quit smoking 'cold turkey' in October 2018, and starting swimming laps a month later. The first 25 meters was a struggle, but Gary persevered, determined to improve his "fitness, stamina and breathing". Just four months later, the health benefits spoke for themselves. Gary was swimming over a kilometre per visit, 5 times per week, and no longer suffered from shoulder, back or neck pain. As a result of exercise and better nutrition, Gary lost over 6 kilograms in weight and 2 inches around the waist, and doesn't need to use Ventolin daily anymore, having gone from needing to replace the Ventolin puffer each week to once a month. Fast forward to February 2020, and Gary is now swimming 1.5 – 2kms a day, in around 45 minutes. He recently participated in the Cole Classic Ocean Swim at Manly, a goal he set himself nearly a year ago as a personal challenge, and made the 500 metre mark in his first attempt. Having undertaken no ocean swimming training, Gary said "the ocean rips and currents got the better of me this first time, but it was a great day out, beautiful weather, friends and family there to support me, and it hasn't put me off attempting another ocean swim in the future. I set myself the goal of participating, and participate I did!" So, what's next for Gary? With his newfound healthy lifestyle providing inspiration, and an empty nest on the horizon following his daughter's wedding later this year, Gary has decided that "12 years of driving fuel tankers is enough", and will be relocating to the Gold Coast by early 2021, with more ocean swimming practise and events on the agenda. When asked if he had any advice for other people looking to increase their health through swimming, Gary said, "just go for it, and don't let fear stop you – there are lots of different shapes and sizes in the water, and you won't regret it. I feel the best I ever have and I attribute that to swimming – I feel fantastic!"



STICKERS & PROGRESSION CHARTS HELP YOUR CHILD BECOME A SUPER SWIMMER!

Children love ongoing encouragement, which is where our progression charts come in! Children's swimming skills are celebrated as they are achieved with a sticker for their progression chart – when all stickers are obtained within the level, your child will advance to the next level! All children are different, and some skills are harder to achieve than others, however if your child has not had a sticker for a little while and you would like an explanation as to why this might be the case, please talk to us at reception, discuss with the supervisor, or with your Learn To Swim teacher briefly at the start or end of the lesson. We are here to help, and our number one priority is to work with yourself and your child to progress their swimming skills and ultimately make them safer around the water.

WAHU SWIMMER OF THE MONTH - Nepean Aquatic Centre Winner

Congratulations to Marliisa, who will now go in to the running for the National Wahu Swimmer of the Month award! Reason for nomination by her instructor Joanne?

Marliisa is in our Achievers Program, and always gives 100% when she swims. She is not afraid to try new things when asked, and she has come a long way since starting lessons. Marliisa makes lessons fun whilst learning valuable skills, and proves that learning to swim is for everyone, regardless of age or ability. Well done!

