



# NEWSLETTER

NOV  
2018

LOVE TO SWIM, SWIM FOR SAFETY, SWIM FOR LIFE

NEPEAN AQUATIC CENTRE

EVA BORY'S SWIM SCHOOL

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## LUCKY DRAW WINNERS!

Congratulations to  
Ashley Kanj (NAC) &  
Frances Spadina (EB)  
Winners of our  
October Lucky Draw!



## DEAR CUSTOMERS,

Yes, it's November, and yes, that did come around again quickly - so it's time to start thinking about Christmas trading! We will be CLOSED from Monday 24th December (Christmas Eve), reopening Wednesday 2nd January 2019! Want to "give a gift for life" this Christmas - we have gift vouchers available! A gift voucher can be used for Swimming Lessons or any other products & services. Please ask at Reception!



## A GOOD NEWS SWIM STORY!

In a good news story last month, 4 young boys aged between 11 and 13 saved a 4 year old boy from drowning at a Central Coast caravan park by recognising he was in trouble under the water, pulling him out and performing CPR until the ambulance arrived. The boys credit their knowledge of what to do in that situation to the TV show "Bondi Rescue" and a year 4 CPR lesson at their school. If you would like us to bring our free Water Safety Lesson to your child's school or pre school, just contact me - [julie@nepeanswim.com.au](mailto:julie@nepeanswim.com.au). Every month is all about Safety, but this month more so than ever with the 2 annual national Swim Safety weeks at the end of this month - keep your eyes on the website and Facebook for more details! Please stay safe this summer!

## CHRISTMAS COLOURING IN COMPETITION



**BACK BY POPULAR DEMAND! Great Prizes to be Won!**

Keep your eyes on our website, our Facebook page and at reception for a new colouring in competition from mid November as we countdown to Christmas! Wet and Wild Season passes to be won, and more prizes to be announced! Stay tuned! [www.nepeanaquaticcentre.com.au](http://www.nepeanaquaticcentre.com.au)

Want to have a Pool Party?  
Nepean Aquatic Centre's LTS pool and Eva Bory's Swim School are both available to hire for your child's birthday party or other group / team / social / family celebrations all year round! Enquire at reception today!





# LET'S WORK TOGETHER TO STOP KIDS DROWNING



The last Saturday of October gorgeous weather, warm enough for my children to swim for the first time this spring, and we had a great afternoon splashing about. It was the first time my 4 year old son had swum in our backyard pool without a flotation aid, as over the winter his swimming skills have really progressed to the point where I felt comfortable that he no longer needed it, and to "bubble him up" would actually cause his skills to regress. Supervision was absolutely key. Coming indoors and reading the alerts on my phone a short time later when we had finished swimming, I felt sick. It had been reported that a 4 year old boy was in a critical condition at the Children's Hospital Westmead after he was pulled from a pool in Penrith earlier that same afternoon. It is impossible as a parent not to put yourself in that child's parent shoes, and my heart went out to the child and their family, without any judgement, just compassion. Accidents happen, and the family involved will never be the same. It is simply heartbreaking. Research released by Royal Life Saving Australia this week reported that 965 children aged 0-4 years drowned in Australia over the last 25 years. Accidental falls into water were recorded as the leading activity resulting in drowning, with a lapse in adult supervision cited as the major risk factor in 100% of toddler drowning deaths. Swimming pools were the leading location for drowning deaths among young children in Australia, accounting for 52% (2002/03 – 2017/18). "It can only take a few moments for a child to slip away unnoticed, fall into the water and drown", said Justin Scarr, CEO at Royal Life Saving Society – Australia. "Drowning is often quick and silent. Distractions like browsing social media on your phone, attending to another child, or ducking inside to grab something can have tragic consequences if a toddler is left unattended by water. Active supervision is the best protection against child drowning, however kids can be quick and hard to keep up with so it's vital to fence pools and spas to prevent children gaining access. Regularly check that your fence and gate are in working order, and never prop the gate open" said Mr Scarr. "The shocking research report has also revealed that for every fatal drowning there were an estimated 7.6 non-fatal drowning incidents resulting in hospitalisation. That is approximately 7,361 children who suffered a non-fatal drowning over the last 25 years, many live with a permanent disability as a result." It is also incredibly important that young children learn to swim, and are educated about water safety and CPR.

## 4TH ANNUAL NUTRITION STATION OPEN WATER EVENT - A GREAT SUCCESS!

Swimmers from 49 clubs around NSW turned out in force on Saturday for the fourth annual Nutrition Station Open Water Swim at Sydney International Regatta Centre, Penrith. Made up of 4 events, a 1km wetsuit, a 1km, 2.5km and 5km swim, the competition was fierce with 461 entries in total – the largest amount of entries for the event to date. Entrants were treated to perfect conditions for the event - blue skies, calm waters, and warm weather – making for some fast swims! The new 1k event proved very popular with new swimmers to Open Water and all ages with just under 100 athletes participating. Race Organiser Alan Bentley said "The response to this year's event has been overwhelming, making it the largest Open Water Event held to date at the Sydney International Regatta Centre. We are very happy with the number and caliber of swimmers who have gotten involved again this year, and are thrilled to see that this has become a great annual event for our region".

A huge thank you goes to the NACSC club members, Swimming Metro South West officials and SES volunteers who assisted in the lead up to the event and on the day - and to sponsors Nutrition Station & Dukes Real Estate.



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Nepean Swim**

