



NEWSLETTER

SEPT
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
Elizabeth Pavlovic (NAC)
& Simone King (EB)
Winners of our
August Lucky Draw!



DEAR CUSTOMERS,

HAPPY FATHERS DAY to all of our wonderful Swim Dads! We wish you a great day!
OCTOBER PUBLIC HOLIDAY - Monday 1st October - we will be OPEN - Learn To Swim classes and all other sessions will run as usual at both Nepean Aquatic Centre & Eva Bory's over the long weekend in October. Consistency is very important when learning to swim and we encourage you to come over the long weekend as usual. If you do not wish to attend your lesson, please ensure that you cancel at reception and you will have until the end of November to do a makeup lesson. Also - you must tell us before school breaks up if you want to suspend lessons during the holidays otherwise you will be charged the full lesson fee and will need to do make up lessons.

SPRING INTO SPRING AND GET SWIMMING

With the warmer weather on it's way, it's time to talk about safety. Safer Swimming is really at the heart of everything that we do. Even 1 unnecessary drowning death is 1 too many. With drownings still happening every summer, especially in NSW, across a range of ages, genders, backgrounds and circumstances, we need to act to get everyone in our community swimming. Every single one of these drownings is a tragedy that affects the family, friends and community forever.

We love water in Australia but a lot of us just take it for granted and it is a tragedy just waiting to happen. That moment of inattention while you should be watching the kids in the pool, the brain snap where you leave your child unsupervised in the bath, the assumption that someone else is watching the kids, the bucket of water for the dog that will fascinate your toddler, and the list goes on.

What can you do to minimise the risk? There are lots of messages and slogans but really it's very simple. You're already a legend because you have your child in swimming lessons. Remove any standing water that could possibly be an attraction. Educate children about water safety. Make sure all the pool barriers are secure, and the biggie, supervise your children and don't get distracted.

Help us spread the SAFER Swimming message throughout our community. Did you know we conduct free Water Safety Visits in schools, pre schools and childcare centres, where we educate about water safety through stories, songs and fun! If you would like our mascot Paddles the Platypus to visit your school or centre, please email julie@nepeanswim.com.au – or visit our website for more details.

Do you know of children that can't swim in your circle of friends or family? Please encourage the parents to do something about it, whether they live near or far. Can you swim? We run adult private and group lessons too! See you soon at the pool!

SCHOOL HOLIDAY SPECIAL AND SCHOOL HOLIDAY FUN

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! Runs from October 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!



Come join us for some fun this school holidays on Wednesday 3rd October! 9.30am -12.30! Giant whale inflatable, Indoor Heated Pool, Pool Toys & Lifeguards on duty for additional supervision.

STAFF PROFILE -

JOANNE DEAN



Name: Joanne Dean.

Position: LTS Instructor.

How long have you been in this role: 9 months.

Best part of the job: Teaching children skills to save them.

What do you hope to achieve in your job: Teaching children the skills they need to be safe and confident in the water.

What you would like to say to customers? Swimming lessons can be fun, give kids important skills and a good way to exercise.

Other interests and hobbies outside work: Netball and cooking.

Your wish for the next 12 months: To get fitter and to help people.

MULTIPLE LESSONS

A great way to prepare for summer is to do multiple lessons from Spring! 1 of the most common questions that I get asked is "Why would you want your child to do multiple lessons per week?" The simple answer is the more time spent in the water means the faster they will learn the skills. Basically it's real swimming time, and the more of this we can give a student, the better. Do 2 lessons per week and you're doing 2 months worth of lessons every month, do 3 lessons you're doing 3 months, etc. At the lower levels this will help your child to progress to the next level and at higher levels it helps to learn and improve the new strokes quicker.

Other benefits of multiple lessons per week are that your child is getting fitter with extra exercise, they are preparing for school swim carnivals with extra practice and they are improving their stamina in preparation for Squads or Kids Swim 4 Fitness. The main barrier to doing extra lessons used to be the cost – which is why we introduced Multiple Lesson discounts in 2017. The discount for a 2nd weekly lesson is 40%, 3rd & 4th lesson 50% and 5th lesson per week is 73% off. So if you think your child will benefit from the extra lesson, it's been made very affordable for you! I hope you will consider taking up this offer to fast track your child's progress through the levels, please enquire at reception.

NACSC SHORT COURSE MEET AT SOPAC

Congratulations to our very own Nepean Aquatic Centre Swim Club for hosting a very successful annual Short Course event at SOPAC in August. Many thanks to all the volunteers, helpers, sponsors, coaches and organisers of what ended up a fantastic day. But most of all well done to the Nepean Aquatic Athletes that represented our club so well and shone with their swimming prowess. NACSC had a total of 71 athletes entered over 378 individual entries and 5 x relay teams. Our athletes competed in 315 events and amassed a total of 183 PB's against entered times. Of those 315 events our athletes featured in the Top 10 places 227 times. We led the field against the other 66 Teams participating at our meet, taking home a substantial 86 Medals – 39 x GOLD, 22 x SILVER and 25 x BRONZE. Congratulations and well done to all!



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Nepean Swim**

