

NEWSLETTER

SEPT
2020

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

It's
Spring!

THIS ISSUE

- Happy Fathers Day
- October Public Holiday
- School Holiday Special
- Covid safety
- Multiple Lessons
- Learn CPR
- Puddle Pics
- Achievers Program
- Like and Follow Us



THANK YOU

to all of our staff and customers for assisting us to maintain our Covid Safe environment at both centres by doing the right thing. Please continue to stay vigilant, wash & sanitise hands. We encourage all to please arrive ready for lessons, maintain a 1 parent per child ratio at lessons, shower at home if you can to avoid overcrowding in change rooms, etc. Let's continue to work together to stay as safe as possible!

DEAR CUSTOMERS,

HAPPY FATHERS DAY to all of our wonderful Swim Dads! We wish you a great day! OCTOBER PUBLIC HOLIDAY - Monday 5th 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, except for Monday night Aqua Fit, as we close early at 7pm on Public Holidays at NAC only. Kids Swim 4 Fitness at Eva Borys will run as usual on Monday 5th October at 6.45pm. Consistency is so important when learning to swim and we encourage you to come over the long weekend and during the school holidays as usual. If you do not wish to attend your lesson, please ensure that you cancel at reception or via our mobile app & you will have until the end of November to do makeup lessons.

SPRING INTO OUR SCHOOL HOLIDAY SPECIAL

Spring is the perfect time to talk about safer swimming, which is at the heart of everything that we do. One way to ensure your child is safer around the water is to fast track their swimming skills with an intensive block and /or multiple lessons. Which is why we offer both at a discounted lesson price to help you boost your child's swim skills ahead of summer.

SCHOOL HOLIDAY SPECIAL – \$10 per lesson, \$50 for 5 lessons! Our next School Holiday Special will be held Monday 28th September to Friday 2nd October. To book – please email us – contact@nepeanswim.com.au, with School Holiday Special in the subject line. Please include your child's name, swim class level and contact phone number, and we will be in touch to confirm your place and time the week before the program begins. This is different to our usual School Holiday Program booking procedure due to our software update mid September – thank you for your understanding!

We also offer MULTIPLE LESSONS year round to make your children super swimmers in less time - 2nd and subsequent weekly lessons are just \$10 each, and less with sibling discounts applied! Many of our customers opt for 2 or more lessons per week, with many choosing to do 2 lessons in a row while they are at the centre. Enquire at reception!



We need your correct email address so you don't miss out on some exciting new changes coming soon! Please check with reception or email: contact@nepeanswim.com.au with your name from your primary email address to update your details!



Learn CPR - could you save a life?



NSF employee Pauline Bentley, 77, is one very lucky lady. After suffering a sudden cardiac arrest and collapsing in Riley St on Friday 22nd May, Mrs Bentley was revived by bystanders including an off-duty police officer, an off-duty nurse, and St George bank employee Kayla Kearns, 24, using CPR and First Aid techniques.

During the ambulance journey and upon arrival at Nepean Hospital, Mrs Bentley again went into cardiac arrest and needed to be revived by CPR. Often in such cases a defibrillator can also be used to further increase the chance of survival, however Mrs Bentley had a "non-shockable" rhythm. In total, Mrs Bentley received six rounds of CPR in less than 24 hours. The family were advised after round six on 23rd May that if their beloved mother and grandmother went into cardiac arrest again and required CPR there would be nothing the doctors would be able to do to save her due to the damage to the heart and multiple broken ribs sustained to that point. By Saturday evening, Mrs Bentley was intubated and placed into an induced coma in Intensive Care to provide the best chance of survival. The family were advised that she may not make it through the night, prompting family members to visit and say their good byes.

Incredibly, after being transferred to Westmead Hospital, Mrs Bentley went on to survive an 8 hour open heart surgery on 27th May, where 5 bypasses were performed and a heart valve was replaced. On June 3rd Pauline suffered a setback requiring another round of CPR, and another 8 hour surgery for ablation and removal of scar tissue. On the 11th June, Mrs Bentley had a further surgery to insert a pacemaker, and was moved to Westmead Hospitals cardiac rehab unit on June 15th. Against all odds, Pauline was discharged on 6th July, 6 and half weeks after her collapse in Penrith, and is now continuing her recovery at home.

Heart disease killed 17,533 Australians in 2018, approximately 48 people every day. Each year in Australia about 20,000 people have a cardiac arrest out of hospital, but only 10 per cent of these people will survive. It takes only three minutes for brain damage to set in and within 10 minutes the person has usually died. In most cases the ambulance will not make it in time. Resuscitation and early intervention can mean the difference between life and death, but experts estimate the number of Australians with training in CPR is around five percent. Pauline was extremely lucky to be attended to by not 1, but 3 bystanders trained in CPR. Pauline Bentley has had a valid CPR qualification for more than 20 years, as it is a requirement of her work as a receptionist at NAC. CPR courses with an accredited Royal Life Saving Australia trainer are run at Nepean Aquatic Centre monthly – all details on the website. Would you know what to do in an emergency?



Picture credit: The Western Weekender

Achievers Program

Our Achievers Program for students with special needs is back at NAC from Sunday 6th September! Discounted one on one lessons, \$23 per half hour. NDIS funding can be utilised. Allows children to make new friends whilst learning an important skill for life. Contact Belinda at achievers@nepeanswim.com.au with any enquiries.

Puddle Pics are coming!

By popular demand, Puddle Pics are returning to us in October - just in time for Christmas!

Eva Borys: Mon 19th - Sun 25th Oct

Nepean Aquatic Centre: Mon 26th - Sun 1st Nov

Professional underwater photos taken during your normal lesson time. Full details to come in October newsletter, but for now, please save the dates!

Great Christmas card or gift idea, with photo props available!

HAVE YOU LIKED & FOLLOWED
US YET?

