

April, 2017

Love to Swim, Swim for Safety, Swim for Life!

# Newsletter

Nepean Aquatic Centre

Eva Bory's Swim School



## In this Issue:

- We are 6!
- Lucky Draw Winners
- We are closed Anzac Day
- Easter Trading
- Multiple Lesson Discounts
- Julie's Corner - being Community Minded
- Download our App!
- Swimming All Year Round



## NEPEAN AQUATIC CENTRE IS 6 YEARS YOUNG!

**A HUGE THANK YOU** to all of our wonderful customers & staff who have made the past 6 years so much fun & so rewarding, and to all the children who have become safer around water as a result of learning to swim!



**Love To Swim,  
Swim for Safety,  
Swim for Life!**



**Congratulations to Joanne Brosnan (NAC) & Igor Repac (EB) ~  
Winners of our March Lucky Draw!**

## ANZAC DAY

Eva Bory's and Nepean Aquatic Centre will be **CLOSED** for the Anzac Day Public Holiday on **Tuesday 25th April**.

If you usually attend swimming lessons on a Tuesday, you will not be charged for your lesson on that day.



## EASTER TRADING

We will be **CLOSED** for trading on Good Friday, **OPEN FOR TRADING EASTER SATURDAY**, and **CLOSED** for trading Easter Sunday and Monday.

Customers whose normal lessons fall on the Friday, Sunday or Monday will not be charged for this day and do not have to do a make up.

*Children visiting us for lessons on the Saturday will be treated to Easter eggs at both Nepean Aquatic Centre and Eva Bory's, and a special visit from Paddles The Platypus at Nepean Aquatic Centre! **HAPPY EASTER!***

*School Holiday Special and School Holiday Fun will return in the July School holidays. Neither will run this school holidays due to Easter.*

## Multiple Lesson Discounts



Did you know Nepean Aquatic Centre and Eva Bory's Swim School offer discounts for multiple lessons per week! Between 40% to over 70% off!

Families come in all shapes and sizes – so our multiple lesson discounts do too! Whilst our Learn to Swim program is absolutely effective when delivered once a week to our students, like any skill, repetition is key, and there are great benefits to more regular practice. For some families, the one lesson per week approach to Learning to Swim is the best option in terms of both time and financial commitment, however more regular lessons suit some families better. 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.

## Julies Corner: Being Community Minded

Penrith and surrounding suburbs have certainly grown in recent years, but we think it is as important as ever to maintain community connections and be community focused, whether locally or further afield.

Which is why we love the story of how one of our swim teachers, Hayden Bousfield, recently travelled to Wilcannia to teach local indigenous children to swim in a 2 week intensive program, working with 28 aboriginal children from 5 - 8 years old. The people of this town get relief from the sometimes 50 degree heat in the river, but the majority of residents can't swim. There is a local pool, but no one is offering swimming lessons. By the end of the 2 weeks with Hayden, the top 2 groups could freestyle with correct technique for 100 metres! The minimum level achieved was for the children to swim 25 meters and get themselves out of the pool – a huge improvement. Hayden said "they were all gorgeous kids, and I would do it all again in a heartbeat". Well done Hayden for improving water safety and swimming skills in Wilcannia! *(Full story on website).*

Closer to home, we are also keen to work with our local community - you will often see us talking about water safety at the sporting fixtures of the local teams we sponsor, visiting pre-schools and daycare centres with our mascot Paddles the Platypus promoting water safety, or helping local causes with fundraising. If you would like us to visit your pre-school or we can help your organisation, please contact [julie@nepeanswim.com.au](mailto:julie@nepeanswim.com.au)! **Stay safer!**



## Have you downloaded our app yet?

**What are the benefits?** You can let us know you will be absent without having to call, as well as receiving push notifications re important dates and events, special offers etc, plus some fun features like Swim Cam and Swim Notes to chart your children's progress, never forget a makeup, or simply record that days achievement in class!

Information, timetables and much more, at your fingertips, anytime, any place!

It's **NEW**, it's **FREE**, and it's available for iPhones at the App Store, or for Android phones at Google Play. Just search for **Nepean Swim**.



**LIKE us on facebook!**  
**NepeanAquaticCentreandEvaBorys**



## THE ABSOLUTE IMPORTANCE OF SWIMMING ALL YEAR ROUND

A common question 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.

By swimming all year round children remain confident in the water, and remember, regular exercise helps to keep the body healthy and fight off winter illnesses. Of course you must attend a swim school with indoor heated pools, and be sure to use common sense and remove wet clothing, towel dry and cover wet hair, and get warm (a hot shower is a must!) and dry before leaving the swim centre.



This Newsletter can also be viewed at our website [www.nepeanaquaticcentre.com.au](http://www.nepeanaquaticcentre.com.au)  
or scan the bar code on your smart phone with your QR scanner app  
Thank you, from the team at Nepean Swim & Fitness

