

July, 2017

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



Newsletter

Nepean Aquatic Centre

Eva Bory's Swim School

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Dear Customers,

Swimming Lessons during Winter



We have now passed the shortest day of the year and are on our way to Spring and Summer! Thank you for your continued support, and congratulations on maintaining the skills your children have learned over the past few months throughout winter. We will continue to reinforce and build on those skills, all of which will help make them safer around water next Summer. *As Dory says - Just Keep Swimming!*

Congratulations to Kimberley Mathewson (NAC) & Jane Ewings (EB)
~ *Winners of our June Lucky Draw!*

SCHOOL HOLIDAY FUN!



The big whale inflatable will be in our main pool from 9.30am - 12.30pm on Wednesday 12th July during the school holidays. There will also be floating mats and pool toys available for public use and lifeguards on duty! Bring your children down for a warm, wet & fun filled morning at Nepean Aquatic Centre! Please remember, life-guards are not a substitute for active supervision by parents. Swimming aids are not supplied, please bring child's floaties if needed.

\$6 entry / \$20 for a family of 4 / \$3 each extra person.

Our School Holiday Special is running from Monday 3rd July to Friday 7th July at NAC - 5 days of intensive lessons every morning available to Squids, Platypus, Stingrays and Dolphins! Boost your child's swimming skills - **BOOK TODAY! Cost is \$65 for 5 lessons, just \$13 each.**

SWIM IN WINTER TO STAY WELL!* It is a popular and frustrating misconception that swimming in winter will increase the chances of our children becoming unwell – in fact, the opposite is true. Exercise is good for winter immunity for the following reasons: 1. Physical activity may help flush bacteria out of the lungs and airways, reducing your chance of getting a cold, flu, or other airborne illness. 2. Exercise causes changes in antibodies and white blood cells (the body's immune system cells that fight disease). These antibodies or white blood cells circulate more rapidly, so they could detect illnesses earlier than they might have before. 3. The brief rise in body temperature during and right after exercise may prevent bacteria from growing. This temperature rise may help the body fight infection more effectively. (This is similar to what happens when you have a fever.) 4. Exercise slows down the release of stress-related hormones, which may protect against illness. Always exercise common sense and rug up and stay warm after swimming to enjoy the benefits of swimming in the cooler weather! * Article sourced from various medical articles and references on the internet.

FEE INCREASES FROM JULY 1 & ELECTRICITY SURCHARGE:

We hope you had the chance by now to read our June newsletter / News articles / Website Homepage Banner / Facebook posts etc about the new Electricity Surcharge, as it is very important to us to communicate to our customers regarding the higher than usual price increase. In short, electricity prices are set to skyrocket, especially for commercial businesses, and even though we are not prepared to pass on the total increase to our customers, as an interim measure we have to introduce an Electricity Surcharge in order to keep our doors open. As a result, from July 1, the usual annual 0.50c per lesson (to cover CPI and wage increases) will take effect, and an additional 0.50c per lesson Electricity Surcharge per lesson will also come into play.

Some of the most important changes are as follows:

LTS lesson: \$18.40, Private LTS lesson: \$43, Kids Swim 4 Fitness: \$15.50, Achievers Program: \$17, Casual Public Swimming: \$6.50, Public Swimming 10 Visit Pass: \$58, Public Swimming 3 Month Pass: \$140, Casual Aquarobics: \$13.50, Aquarobics 10 Visit Pass: \$99, Aquarobics 3 Month Pass: \$165, Seniors Casual: \$9, Seniors 10 Visit Pass: \$85, Mini Squads: \$75, Bronze Squads: \$95, Silver Squads: \$138, Gold Squads: \$155. Booking Fee: \$13, Makeup Fee: \$0.70.

Price changes will be advertised on the website in full. Please contact julie@nepeanswim.com.au with any queries.

NEW STATE GOVT SPORTS REBATE!

You may have read in the news that thousands of school children across NSW are set to benefit from a new \$100 rebate for sporting and fitness related costs! From January 1 2018, parents will be able to claim up to \$100 per school child, per calendar year, as a voucher, to put towards swimming lessons and other sports. More details to follow soon!

DOWNLOAD OUR APP!

Swim Cam is the perfect way to record special moments and milestones in your child's Learn To Swim journey and then share with us to celebrate! Download the App - Nepeanswim - today, from the App or GooglePlay store!

SWIM SHOP

For all your winter swimming needs!

We have a Swimshop at both Nepean Aquatic Centre and Eva Borys Swim School, selling Speedo swimwear and other well known brand accessories at discounted prices! Great prices, great range, endurance (chlorine resistant) fabric.

Grab a swim cap to keep hair dryer, and be sure to have a hot shower and dress warmly after lessons!

Book a Birthday Party!

Nepean Aquatic Centre's LTS pool and Eva Borys's Swim School are both available to hire for your child's birthday party or other group/team celebration all year round!

A pool party where you don't have to worry about cold weather or rainy days... and where the water is always warm! (31°C)

The pool hire includes the following:

- Exclusive use of the LTS pool & viewing room at NAC, or exclusive use of the entire centre at EB.
- There is plenty of parking at both facilities for your guests.
- Unlimited number of guests can attend the party.
- Free use of equipment for games / activities.

And MORE...

Inflatable slide available to hire at either pool!

See reception or call 4730 8900 to make a booking or for any enquiries.



Want us to come to your school or preschool and talk about water safety? Paddles the Platypus will come too!

Safety is of paramount importance, and we need to educate re swim safety messages from the earliest possible age – which is where our Pre & Primary School and Childcare Centre Water Safety Visits come in! Provided as a free service, we will come to your school / childcare centre with our mascot – Paddles The Platypus – and read stories, sing songs, talk about water safety and have a meet and greet with Paddles. We leave the school / childcare centre with posters, CD/ DVD and story book to continue educating regarding water safety, and leave the children with a fun, positive, happy memory – which is the best way for them to learn these important lessons! If you would like us to visit your Pre or Primary School or Childcare Centre*, just email julie@nepeanswim.com.au! *Within Penrith LGA - if unsure contact us!*

LEARN CPR!

Would you know what to do in an emergency?

CPR courses run every month at NAC by a Royal Lifesaving Society Trainer & Assessor.

Next course dates: 25th July

www.facebook.com/NepeanAquaticCentreandEvaBorys/ - We LIKE you, make it mutual.....



This Newsletter can also be viewed at our website www.nepeanswimandfitness.com.au or scan the bar code on your smart phone with your QR scanner app
Thank you

