



Newsletter

Nepean Aquatic Centre

Eva Bory's Swim School

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Dear Customers,

It's hard to believe that it's already June, but here we are! Thank you to all the children who entered our Mothers Day colouring in competition, the foyers at both centres were beautifully decorated with brightly coloured entries! Congratulations to our winners as below!

EB: 1st - Isabella Michael (9), 2nd - Kaia Woodward (7), 3rd - Hugo Jackson (3)
NAC: 1st - Olivia George (6), 2nd - Stewart Schoonderwaldt (9), 3rd - Pearl Lee (5)

Queens Birthday Long Weekend 13th June - We Are OPEN!

Please attend lessons as usual, we are open each day of the long weekend. If you are away, please organise a make up lesson, which can also be done in advance or by the end of July.

Congratulations to Trish Callaghan (NAC) & Dipesh K.C (EB) ~ Winners of our May Lucky Draw!

School Holiday Special - Intensive Learn to Swim Lessons

Looking for something fun, healthy and great value for the kids to do in the school holidays? Our School Holiday Special is back at Nepean Aquatic Centre by popular demand - 5 days of lessons every morning available to Squids, Platypus, Stingrays and Dolphins! Give your child's swimming skills a boost through a weeks intensive training.

The program runs from **Monday 4th July to Friday 8th July**, and costs \$62.50 - that's just \$12.50 per class. Places are limited, so enquire at reception today!

SCHOOL HOLIDAY FUN!



The big whale inflatable will be in our main pool from 9.30am - 12.30pm on **Wednesday 13th 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, lifeguards are not a substitute for active supervision by parents. Swimming aides are not supplied, please bring child's floaties if needed.

July School Holidays

Swimming Lessons will continue as normal during the July school holidays. If you are going to be away during the holidays you have the option to suspend your lessons for up to two weeks. If you decide to suspend your lessons you will be charged half the cost of the lesson for holding your current spot in the program and you won't be eligible to do make up lessons. If you choose not to suspend your lessons you will be charged full price and you will have until the end of August to complete make up lessons for any missed classes.

Terry's Corner: Swim in Winter and be Ready for Summer!

One of the major misconceptions is that swimming is just a summer activity. Based on this misconception a significant number of parents only enrol their children in swimming lessons when it gets warmer and leave as soon as it gets a little cooler. The major disadvantage of this is that the key to progressing is consistency and you will not get that by stopping practice of a skill for 6 months or more.

Ask yourself what do you want to be doing in summer? Hopefully, the answer is lots of BBQ's and pool parties. At the least lots of swimming during our hot summer. If your child can't swim properly or is young and you are only restarting swimming lessons when it's warmer, they will not be prepared for the summer fun. By the time they are getting to a level that sees them more confident in the water it's nearly time to pull them out again.

For higher level swimmers there are the school carnivals that happen in February. Despite what parents hope, they can't be trained for in a couple months of lessons or 1 private lesson. Again consistency is the key to swimming success.

So what's stopping you from continuing lessons? It's cold? Our centres are air-conditioned, the pools are heated and if you rug your kids up they will love to continue swimming. It always amazes me that it's OK for kids to practise winter sports in the freezing cold but swimming in a warm pool in not OK?

If you want to make the best decision for your child's swimming skills, then keep swimming in winter and be ready for summer!

Please keep the topic ideas coming in (terry@nepeanswim.com.au) for a \$50 credit on your lessons. Until next month: Stay Safe Around Water, thanks for reading, Terry.



New Fees from 1st July, 2016.

From the 1st of July, the price of a standard lesson will increase by 50c per lesson. Discounts for multiple lessons per week and sibling discounts will still apply. Private lessons will increase to \$42. Kids Swim 4 Fitness will be \$14.50. Lessons in our Achievers Program will now be \$16. Makeup fee will increase to 0.60c per makeup lesson booked. Public swimming will be \$6 for a casual visit, \$54 for a 10 visit pass, and \$135 for a 3 month swimming pass. The new monthly fees for swimming squads will be:

Mini Squad - \$72 / Bronze Squad - \$93 / Silver Squad - \$134 / Gold Squad - \$155

Want to mix up your sporting teams winter training regime? Train in

the water! A training session in one of our indoor heated pools provides:

- *A low impact environment for both high and low intensity fitness and resistance training.
- *Post match recovery
- *A break from impact – water supports up to 85% of your body weight.
- *The opportunity to practise swimming drills, Aquarobics, or aquatic sports to improve fitness and cross train for your sport.
- *A chance to mix your training up, have a break from your usual environment, and have fun!
- *Great wet weather option in the colder months. Can't train outside – no problem, our water is always warm!
- *Games in the water are both fun and challenging to fitness.
- *You are able to hire both lane/s, or the entire Learn To Swim pool for your teams use, depending upon availability.

Please contact julie@nepeanswim.com.au for pricing & availability, or for more info visit: nepeanaquaticcentre.com.au/cross-training-in-the-water/

The Winter Aquarobics Timetable is coming!

Classes will be under review in June for winter – please attend the classes you would like to see kept running in the July / August winter timetable, which will be based on numbers attending in June!



Want to stay up to date? Visit our website - nepeanaquaticcentre.com.au or evaboryswimschool.com.au - for all of our news and special offers, or to read articles on swimming and water safety related topics. This months feature article is: **TOP 10 TIPS FOR HAPPY SWIMMING IN THE COOLER WEATHER.** Or want to know how swimming in winter can actually help your child's immunity? Head to nepeanaquaticcentre.com.au/news/

And be sure to **LIKE US ON FACEBOOK.** It's in capitals so do as you are told.....we have a Platypus who knows where you swim..... :-)



This Newsletter can also be viewed at our website 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

