

May, 2016

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



Newsletter

Nepean Aquatic Centre

Eva Bory's Swim School

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Dear Customers,
HAPPY MOTHERS DAY! Wishing all of our fantastic, hard working Mums a wonderful Mothers Day with your families!

Gift vouchers available for Aquarobics and Public Swimming!

Kids - don't forget to enter our Mothers Day colouring in competition, entries available at reception, and competition open until 4th May . 10 visit Aquarobics passes, 10 visit Public Swimming passes and Infared Sauna Sessions at Revive Urban Health Retreat @ Atmosphere up for grabs! Enter today! T's and C's on the competition page on our website.



Congratulations to Mrs Rebecca Necevski (NAC) & Mr Noan Friedman (EB ~ Winners of our May Lucky Draw!

June Long Weekend

Nepean Aquatic Centre and Eva Bory's Swim School will be OPEN as usual for Learn to Swim and all other sessions / timetables over the Queens Birthday public holiday long weekend in June.

Consistency is very important when learning to swim, so we encourage you to come over the long weekend. If you do not wish to attend your lesson, please ensure that you cancel at reception and you will have until the end of July to do a makeup lesson.

Do something healthy for Mum (or yourself) this May!

FITNESS: With the kids back at school and the cooler weather on its way, it's time to look after you! Beat the winter blues (and the scales creeping upwards) by coming along to Aquarobics - one of the highest fatburning forms of exercise available!

Daytime and evening classes are available at Nepean Aquatic Centre, including Aquarobics, Aqua Circuit, Aqua Zumba, Heartmoves, Deep Water Aquarobics and Aquanatal (for pregnancy).

NUTRITION: Exercise is even more effective if complimented by clean nutrition and healthy food. Do you love visiting Nutrition Station after a swimming lesson? Our neighbours have just launched NUMEALS - Clean Eating Made Easy - delivering fresh and healthy meals to your door. See numeals.com.au for meal plans and pricing.



Happy Retirement Liz!

We recently farewelled Liz, waving her into retirement after 21 years of great service to our company. Many of our customers will recognise Liz, and she will be very much missed at both NAC and EB's. We wish you all the very best for the future Lizzie!!



Terrys Corner: In this month's article I'd like to give you a brief outline on how Certificates & Stickers are supposed to work. This topic was suggested by one of our valued customers - thanks Teresa.



Certificates & the recording of skills (stickers) are an invaluable way to see how your children are progressing in their swimming lessons. It's also fun for the children to be awarded the stickers & mark off their progress on the certificate on the fridge at home, so everyone knows how well they are going. A certificate & stickers are given out when your child gets their first skill in a new level. The certificate has printed on it the skills & coloured stickers that your child needs to obtain to go to the next level. Your instructor should be awarding new stickers when the skills can be done consistently & competently.

Instructors that are filling in for your instructor for multiple weeks (holidays, maternity leave, long term illness, etc) are allowed to award stickers & promote children as normal. Instructors that are filling in for 1 lesson are allowed to issue stickers if the child has performed a particular skill really well & the awarding of the skill won't involve the child going up a level. If your fill in instructor thinks your child should go up they will ask you to discuss it with your normal instructor. There may be issues that the fill in instructor is unaware of & it is a courtesy to allow the normal instructor to be the one to promote their students.

You're most welcome to ask questions about the progress of your child with the instructor or supervisor. It's best to let them know if you have any concerns or are just curious about your child's progress. Please don't ask how long before they achieve a skill or progress to the next level - there's no correct answer to this as it is really up to your child & their progress. The key to progressing is consistency. Please keep the topic ideas coming in (terry@nepeanswim.com.au) for a \$50 credit on your lessons, thanks again Teresa. Until next month: Stay Safe Around Water, thanks for reading, Terry.

Have you considered Nepean Aquatic Centre Swim Club?

Nepean Aquatic Centre Swim Club is excited to announce the opening of the Short Course season in May. Swim Club offers an opportunity for swimmers of all ages and abilities to swim recreationally and/or competitively and strive to achieve their personal best, with an emphasis on participation and self-development. Club swimming provides:

- ◆ The opportunity to practice racing skills against other swimmers of similar ability in a non-threatening, friendly environment
- ◆ Social interaction with people of similar interests
- ◆ Improved confidence through participation in Australia's leading Olympic and Paralympic sport



Club Night is at 6.45pm Friday evenings* at Nepean Aquatic Centre, commencing Friday, 6th May.

For further enquiries, please email the Club Secretary on nacsci@gmail.com, contact Club Night Secretary Trevor Stevens on 0408475523, contact NACSC Registrar Dave Hanrahan on 0437271308 or visit www.nepeanaquaticcentreswimclub.com.au. * Club night dates schedule can also be viewed on the website. The club is a non-profit organisation, and yearly memberships are activated through Swimming NSW.

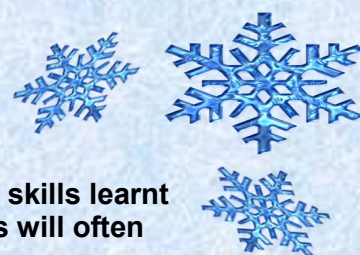
Nepean Aquatic Centre Swim Club News

Swimmers from the NAC Swim Club are to be congratulated after holding their own against strong competition at the Australian Age National Swimming Championships in Adelaide recently. Jack Benson, 13 years old from Mulgoa, made the finals of both the 50 and 100 meter freestyle events (13 & u) and placed 4th and 5th in the country respectively. Team mate Kody Stark-Szarbo, (12 years old from GrossVale), placed 12th overall in the same age group in the 50 meter freestyle. Arizona Staley (15 from Winmalee), Abbi Williams (16 from Glenmore Park) & Lauren Wolsey (13 from Glenmore Park) also posted strong swims. In another outstanding effort, local athlete Sarah Keenahan (15 years old from Leonay) swam in the Paralympic Selection trials, achieving many personal best times. Despite not qualifying for Olympic selection this time, Sarah gained invaluable experience and we couldn't be prouder!



Learn to Swim in Winter

By keeping your lesson booking current over the winter months, you will ensure that you retain your position in the program with your preferred instructor on your preferred day and time. We certainly encourage you to keep attending lessons as normal over winter, and swimming is great cross training for winter sports! Continuing lessons is extremely important for building and reinforcing the skills learnt over the past few months, and a break in lessons that stretches over many months will often result in a loss of skills, wasting all of the effort put in during summer.



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

