

May, 2018

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 MOTHER'S DAY! Wishing all of our fantastic, hard working Mums a wonderful Mother's Day with your families!

Gift vouchers available for Aquarobics and Public Swimming!



PENRITH VALLEY
ActiveZone
ENTER TO WIN!

• Aquatic Centre • Health & Fitness • Childcare • Cafe

FIRST PRIZE - Total Value \$3,345
3x RUNNER UP - Total Value \$2,757

Competition runs from 16 April to 14 October 2018 - Prize Draw 15 October 2018 at 9am. One entry per person. T&Cs apply.

ENTER AT RECEPTION - OVER \$6,000 IN PRIZES UP FOR GRABS!

NSW Permit No. LTPS/18/23460

Penrith Valley Active Zone Lambridge Place, Penrith NSW 2750

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We are proud sponsors of the Penrith Panthers and Penrith District Netball Association. Wishing both a fantastic 2018 Winter Season!



Congratulations to Joanne Graham (NAC) & Diane Buttigieg (EB) **Winners of our April 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 (Sat 9th - Monday 11th 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.

Swim All Year Round plus Ten Top Tips for Happy Winter Swimming



Common questions 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, and by swimming all year round children remain confident in the water. It is important to remember that learning to swim is not just another option on the list of sports and activities available to children – it is an invaluable lifesaving skill – not a seasonal recreational activity.

Our Top 10 Tips for happy Winter swimming are:

1. Don’t put your child in a rash shirt – they are for sun protection, not warmth. They will only make you child colder in the water.
2. If you are a parent in the water, you may wish to remove your shirt before you get out of the water, because as soon as the air hits the wet fabric, you will feel the cold.
3. Have your towels easily accessible near the edge of the pool, so as soon as you get out of the water, they are ready to wrap.
4. Bring your dressing gown! This way you won’t be struggling to keep it on while you wrap your child. (A big old hoodie jumper is a great alternative if a dressing gown is just too much for you in public). A dressing gown, hoodie or hooded towel for the kids makes life much easier, and leave the child’s arms free as they move to the change rooms.
5. Take advantage of our hot showers – and bundle everyone into warm dry PJ’s or a track suit for the rest of the day.
6. Don’t forget head and feet – throw on a beanie or hat, and some ugg boots.
7. Give children a hot meal or drink (my children love warm milo as a great post swimming treat in winter) when you get home – they will sleep soundly that night, or even for their day sleep!
8. Remember – exercise is good for winter immunity! Exercise slows down the release of stress-related hormones. Some stress increases the chance of illness. Lower stress hormones may protect against illness.
9. DO NOT stop attending lessons – you will simply be wasting the time and money spent so far teaching your child the valuable skill of swimming, and they will have to relearn some of their swimming skills again in the Spring.
10. Enjoy this time to slow down and be with your child/ren – either in the water, or poolside watching their progression of skills – come summer they will be even better swimmers!

PSSSSSSST?

Do you LIKE us on Facebook yet? Have you downloaded our App? Go ahead - make our day.....



PLEASE REMEMBER to cancel your child's lesson if you are not able to attend, so that another student can use this spot to do a make up lesson! You can let us know via the App, by phone (leave a message if it goes to voicemail), or in person at reception. You have until the end of the following month to do your make ups for any lessons missed, so that your child doesn't miss out on valuable Learn To Swim time!

CONGRATULATIONS TO OUR COMMONWEALTH GAMES COLOURING IN COMPETITION WINNERS! Enjoy your prizes!

NAC: 1st Saxon Mumford (8)

2nd Sophia Whitelaw (9)

3rd Noah Logan (11)

EB: 1st Charlotte Konstanta (5)

2nd Tamsyn Le (8)

3rd Connor Ruter (5)



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

