

September, 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,

**OCTOBER PUBLIC HOLIDAY - Monday 2nd October 2017**  
**We will be OPEN on Labour Day - Learn To Swim classes and all other sessions will run as usual at both Nepean Aquatic Centre & Eva Borys over the long weekend in October.**

Consistency is very important when learning to swim and we encourage you to come over the long weekend as usual. If you do not wish to attend your lesson, please ensure that you cancel at reception and you will have until the end of November to do a makeup lesson. Also - you must tell us before school breaks up if you want to suspend lessons during the holidays otherwise you will be charged the full lesson fee and will need to do make up lessons.



**HAPPY FATHERS DAY** to all of our wonderful Swim Dads! We wish you a great day!

## School Holiday Special!

### Mon 25th Sept - Fri 29th Sept



## 5 lessons for \$70!



**These school holidays we are running our School Holiday Special at Nepean Aquatic Centre!**

Classes are available for our Squids, Platypus, Stingrays and Dolphins classes. Sharks may attend the Dolphins class. Class times from 8:30 to 11:30am in the Lap Pool.

Please see reception for more details or to make a booking.

\*Note: All fees are due and payable at the time of booking.

**Congratulations to Stacey Solomans (NAC) & Tara Griffiths (EB)**

**~ Winners of our August Lucky Draw!**

## SCHOOL HOLIDAY FUN!



The big whale inflatable will be in the main pool at Nepean Aquatic Centre from 9.30am - 12.30pm on **Wednesday 4th October**. PLUS there will also be floating mats and pool toys available for public use, and Lifeguards on duty during these times - but please remember to bring your child's floaties if needed. Bring your children down for a great morning of fun this school holidays! \$6.50 per person, or \$20 for a family of 4, and \$3.50 per extra child.

## Spring is coming.....let's stay SAFER!

Hello swim schoolers! With the warmer weather on it's way, it's time to talk about safety. Safer Swimming is really at the heart of everything that we do. Even 1 unnecessary drowning death is 1 too many. Last summer was, quite simply, horrific, with an unprecedented amount of drownings, especially in NSW, across a range of ages, genders, backgrounds and circumstances. Every single one of these drownings is a tragedy that affects the family, friends and community forever.



From Dec 10 2016 to Jan 3 2017, at least 22 people drowned in NSW - nearly 1 a day. Five NSW children under the age of five drowned in backyard pools in that 25 day period. In comparison RLS statistics showed six drownings of under fives in the whole of the 2015-16 financial year, and just two in backyard pools.

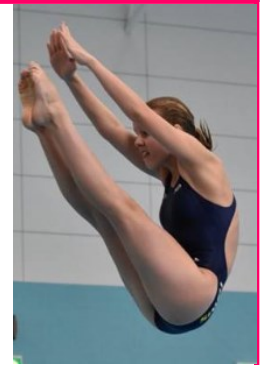
We love water in Australia but a lot of us just take it for granted and it is a tragedy just waiting to happen. That moment of inattention while you should be watching the kids in the pool, the brain snap where you leave your child unsupervised in the bath, the assumption that someone else is watching the kids, the bucket of water for the dog that will fascinate your toddler, and the list goes on.

What can you do to minimise the risk? There are lots of messages and slogans but really it's very simple. You're already a legend because you have your child in swimming lessons. Remove any standing water that could possibly be an attraction. Educate children about water safety. Make sure all the pool barriers are secure, and the biggie, supervise your children and don't get distracted.

Help us spread the SAFER Swimming message throughout our community. Did you know we conduct free **Water Safety Visits** in schools, pre schools and childcare centres, where we educate about water safety through stories, songs and fun! If you would like our mascot Paddles the Platypus to visit your school or centre, please email [julie@nepeanswim.com.au](mailto:julie@nepeanswim.com.au) - or visit our website for more details.

Do you know of children that can't swim? Encourage their parents to do something about it. Can you swim? We run adult lessons too! Please keep the discussion topics coming in to [terry@nepeanswim.com.au](mailto:terry@nepeanswim.com.au). Until next month: Stay Safe Around Water, thanks for reading, Terry.

**HELP JADE TO GO FOR GOLD!** Local girl and former Nepean Swim and Fitness Learn To Swim student Jade Sweeney continues to make her mark on the International Junior Diving scene, representing both NSW and Australia in recent months. Jade recently became the NSW CIS 15 years Springboard champion & the NSW CIS 15-16 years Platform champion, the NSW All schools 15 years springboard champion and NSW All schools 15-16 years Platform champion, and was awarded outstanding female diver of the meet. Jade will be representing NSW at the upcoming Pacific School Games, & has the Commonwealth Games trials coming up in December. As junior athletes receive very little funding, we are proud to support Jade to help her sell some raffle tickets to raise funds. Tickets are available at reception at both Nepean Aquatic Centre and Eva Bory's Swim School – and for just \$2 a ticket there are some great prizes up for grabs including a 60" Samsung UHD LED smart TV, a 40" Samsung UHD LED smart TV, a GoPro Hero5 black edition, an Apple iPad mini 2 WI-FI 32GB silver and a Nutribullet RX 1700W 10 piece set. So grab a ticket when next at reception and help support local sporting talent to go for gold!



### Learn to Swim class reminders!

A gentle reminder to *please* cancel your lesson if you are unable to attend - this allows us to book in makeups! If family or friends are considering enrolling their children into swimming lessons - now is the time! We are coming into our busiest time of year, and places are filling fast!

### HUGE CONGRATULATIONS

to local girl Sarah Keenahan, NAC Swim Squad & NAC Swim Club member who has just returned from competing in Canada at the World Dwarf Games. Sarah achieved 6 swimming gold medals (100m butterfly, 200m freestyle, 100m backstroke, 50m backstroke and 2 x freestyle relays), plus 2 silver medals in soccer and a track relay! Sarah was part of a 30 member Australian team of athletes who finished 4th overall at the games with a total of 57 medals! NAC Head Coach Jackie Barck was the Australian swim team coach, who finished top of the medal tally in the pool - well done to all!



**Spring into SPRING and.....**

**LIKE us on Facebook!**

**NepeanAquaticCentreandEvaBorys**



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 Aquatic Centre & Eva Bory's Swim School

