

The Riverside Mail



April 2011

Welcome to the April edition of the Riverside Mail, we look forward to another action-packed month! We will be celebrating Heritage Day, we are hosting the men's and women's tri's and the Kauri Kids Aquathon, and we will again be at the Women's Expo when it returns to Nelson on the weekend of the 9th and 10th April. The Chillout Holiday Programme and Swimmagic Holiday Intensive lessons will also be running throughout the school holidays.

DATES FOR YOUR DIARY...

The POOL ONLY will be closed from 9am-12pm on Sunday the 3rd and 10th April 2011 due to the mens and womens tri's. The fitness centre will be open as normal at these times, however parking will be limited.

Easter weekend hours:

Good Friday (22nd April) – CLOSED

Saturday 23rd and Sunday 24th April – Normal Weekend Hours

Easter Monday (25th April) – Pool open 9am-5pm, fitness centre open 9am-4pm. NO Swimmagic swim lessons or Aquafitness classes on this day.



Riverside Heritage Day April 18th – Free Entry to Riverside Pool!

We are all looking forward to a fun filled day at Riverside on Monday, April the 18th where we will be celebrating Heritage day! This will be part of Nelson City's

Heritage Week running from Sunday 17th – Monday 25th April, the theme this year being WATER! Join us at 10am when the Mayor revisits the 1927 opening ceremony of the Municipal pool (now Riverside Pool). Re-live your memories of the start of the Nelson Swimming Club which opened its rooms on site in 1956. Come in 20's attire and stay for a free swim between 10am and 2pm and join in with some fun activities for the kids. There will be historic displays at the pool and at Elma Turner Public Library.

Cable Bay to Tahuna - A Swim - for Fun...to promote the Horoirangi Marine Reserve...and as a tribute to the people of Christchurch.

After a year of thinking about it and 6 months of preparing to swim we finally slipped into the water on Saturday, March 26th at 7.45 am. It was a last minute decision to swim in such big swell but the water surface was smooth and we could always stop and come back another day if the waves stopped us. My daughter Jenna and I had prepared well for the 20 Km swim out from the bay, along the cliffs beneath the Cable Bay walkway and along the Boulder Bank before a nip across the cut around the island and across to the Rocks Road end of Tahuna beach. Having said that the only conditions we hadn't yet swum in (as they were rare) were smooth big swell.....well here was our chance to sample those conditions for more than a few hours. We slipped into the colder than usual waters in very dark/grey/grim light, sunrise had been 10 minutes earlier but there wasn't much sun happening this morning. Everything went smoothly and enjoyably aside from the cold up until about 12 km's into the swim as we cruised through the crystal clear waters of the marine reserve, past the Glen where cars hooted in support (awesome, thank you!!!) and then past lots of surfers at Snappers point and on past Sewerside Drive towards the lighthouse. We had stopped every 30 minutes or so for energy drink but the swell was affecting us all (our photographer had to abandon the boat...our kayak supporter was sick) and limiting our food/fluid intake making us colder/weaker as time went on. The stretch to the Lighthouse was seemingly never ending but we got there and managed a little square meal before quickly heading off again in fear of it coming back up!

We swam stroke for stroke all the way and alongside kayakers that came out from the cut/beach and a swim client as we reached the other side of Haulashore Island before a very slow swim into the beach where we had a surprise welcoming committee of friends and client-friends and a chocolate fish necklace each. We had successfully completed a wonderful adventure of many many fun swims in which we had connected with others and the ocean and each other – an awesome memory. With thanks to all our "crew" and all our well wishers. Thank you for reading about our fun adventure.



Story by swimmer/swim coach Lionel Padial – If you'd like to read a more in depth version of the story please go to the blog page or Big Swim page at www.oneflow.co.nz.

Lionel runs swim coaching sessions at Riverside Pool on Monday, Tuesday and Thursday mornings at 6-7.20am, Monday and Wednesday lunchtimes at 12-1pm and Saturday mornings at 7-8.45am. Lionel also offers one-to-one coaching. To get in touch, email Lionel at lionel@oneflow.co.nz or visit the [Oneflow](http://www.oneflow.co.nz) website.

Staff Profile: Maggie Daley, Lifeguard and Receptionist

Maggie's been life-guarding at Riverside for almost 3 years. Prior to this she has worked with special needs children and in retail. Last year, with much excitement and some trepidation she travelled to Europe with her partner Andy. Most of their time was spent in Switzerland where they took in some sights, cycled around some lakes and went hiking in the Alps. It was an amazing experience-one to be repeated as often as possible. The highlight would have to have been staying in an Alp hut looking directly at the North Face of the Eiger (and getting up close and personal with some of the locals!). Back home, Maggie has taken on a new challenge this year with a part-time course in Business Administration and Computing at NMIT so you'll see her a little less on poolside and a little more in reception. When she's not doing either of those things she likes to get out in the garden or out in the bush unless of course she's out having a coffee.



Chillout April Holiday Programme – Spaces available NOW!

Book places now for the fun filled April holiday programme. Jammed packed with something for everyone including a day at Bridge Valley, pizza making, movies and mystery, and an Amazing Race! [CLICK HERE to check out the full programme](#) or contact Nicki on (03) 547 0292 or

0226766292 for further details. Places are limited so book now.

Christchurch Toy Donations gratefully received – THANK YOU!

Nicki and Chillout children and staff would also like to say a MASSIVE thank you for all the toy, book and game donations we received over the past few weeks. Nicki ended up with her car being packed full of donations. They were well received by the Oscar coordinator in Christchurch and will be distributed as soon as they can be.

BOOK NOW for the Swimmagic holiday intensive lessons – Call us today on 03 546 3221 to check availability. Week one lessons run from Mon 18th –Thurs 21st April, week two lessons run from Tues 26th – Fri 29th April. Squad clinics running throughout the first week too.. and private lessons are also available! [Click here for all the details](#)

April 2011 Members' Rowing Challenge!

John and the gym staff would like to challenge our members on the rowing machine this month. Compete for spot prizes and free one month memberships for each age, gender and distance category, but most of all bask in the GLORY of being Riverside's top rower! All you need to do to have your time recorded is see one of the gym staff when you visit any time during April, and just ask them to time your rowing effort. Get your time recorded as many times you like in order to increase your chances of success! 1km and 2km distance categories available. Come and have a go!

April Fit Tip - Correct rowing technique

Ok, you may as well have a crack at the rowing comp if you're a gym member, you could win a spot prize or get a free month just for completing your normal workout – it's a win/win really! Here are a few pointers to help you get the most out of your rowing session (and ultimately help you achieve your fastest time!)

- ❖ Adjust the rowing machine's foot straps. Your feet should be snugly attached to the foot rests.
- ❖ Adjust the "damper" on the side of the rowing machine to the amount of resistance you require. (This is a small lever located next to the circular fan at the front of the machine)
- ❖ Grasp the rowing machine handle. You will want to hold it firmly, so it does not fly out of your hands, but not too tightly as to make your knuckles white - maintaining wrist flexibility is important.
- ❖ **CATCH:** Assume the proper "catch" position (where each rowing stroke will begin):
 - keep your back straight
 - keep your waist bent forward at a 45 degree angle



- your arms should be extended forward
 - your hands should be high enough to make the chain parallel to the ground.
- ❖ **DRIVE:** Begin the "drive" portion of your stroke: "*legs, backs, arms*"
- drive back your seat with your legs
 - keep your upper body in its previous position
 - lean back from your hips (keep your back straight)
 - complete the drive by pulling your arms in to your chest. The handle should end up just at or below your breast bone.
- ❖ **Now you must complete the above step in reverse!**
- Let your arms out first
 - re-establish proper lean angle with your hips (remember to keep your back straight!)
 - "pull" yourself back to the catch with your legs
 - Once you are back at the beginning, resume the **CATCH** phase again. Try and make the movements flow. Now you're rowing!

Here's a few more tips for a smooth, efficient rowing technique:

- Core strength is essential for making your stroke appear "smooth". Try to keep your abdominal muscles engaged throughout the drive and even a bit on the recovery.
- Keep your head upright at all times. This will aide in your breathing, and prevent your stroke from being thrown off.
- Many first timers will find their arms become tired much faster than their backs/legs. You must keep in mind that rowing is a leg exercise first and foremost. If you are using your arms too much, then make a conscious effort to engage them later in the drive, as you are most likely pulling with them too early.
- To see some of the benefits of rowing and why you should give it a go, [click here!](#)

If you need any more help or tips for your rowing or anything else in the gym, just chat to one of our friendly gym instructors and they will be happy to help you out!

It's Tri time this April!

This weekend is the **Port Nelson Blokes' Day Out** and the **Port Nelson Kauri Kids Aquathon** (Sunday April 3rd). Blokes will be completing a triathlon starting with a run or walk up the Maitai Valley, a 14km cycle that will bring them to Dommatt St before heading here to Riverside Pool to swim four lengths. In the afternoon, kids in years 4-8 at school will run the Kauri Trail of the Centre of NZ, clamber over the NBS inflatable and under and through the cargo net and tyres as laid out by the Nelson Cadets before swimming two lengths of the pool. Full details and entry links are available at www.nelsonevents.co.nz



A week later on Sunday April 10th the women will have their turn in the **24th Taylors Nelson Women's Triathlon**.

We wish all our clients the best of luck in their respective events and are looking forward to hosting the events here at the pool. **Please note that the pool will be closed during the hours of 9am – 12pm on Sunday 3rd and Sunday 10th April.** The gym will be open, however parking will be limited. If possible, please park in Halifax St East and walk over the bridge to use the gym facilities during these two respective Sundays.

Saturday 16th April 2011 – Alpine Lodge Loop the Lake -The course is an anticlockwise circuit of Lake Rotoiti commencing from the Lake Rotoiti waterfront. Approximately 25km. The experience is alpine and bush trail with the possibility that participants will experience all alpine weather conditions during the event! This is a fantastic introduction to trail running - many runners have had their first taste of off road running by completing Loop the Lake. **Riverside receptionist and Swimschool instructor Mirella will be taking part in this event – we wish her all the best!**

More information and entry forms are available on the Nelson Events website: www.nelsonevents.co.nz



2011 Nelson Women's Expo – Discounted entry for Riverside Customers!

One of Nelson's largest events returns on the weekend of the 9th-10th April 2011. This year the Expo will feature cooking demonstrations, a demo & seminar zone, a 'Taste of Your Region' area and much more with over 120 sites on offer. As always CLM Health and Fitness Riverside will be there with our awesome staff and great fun display, so make sure you come and visit us at the expo for a chance to win

spot prizes and be in to win a membership! We have included a special link to a discount voucher with this email for our loyal customers, so just print this off and bring it along on the day to receive \$2 off your entry fee on the door. Get the girls together for a great day out! [CLICK HERE](#) for your discount voucher.



www.riversideswimmingpool.co.nz * www.naylandpool.co.nz

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