

The Riverside Mail



August 2010



Nelson's Next top Swimmers 2010 – Almost 1000km swum already!

We once again have had a great uptake of our Nelson's Next top Swimmers challenge this year with over 85 competitors taking part so far! The top distance is 92km, or the same distance as the Cook Strait Interislander ferry travels between the north and south islands of New Zealand. We already have a fair number of competitors well on their way to achieving this distance – well done to them. We are handing out spot prizes to random competitors during the challenge so if you are one of our fantastic challenge participants, keep swimming and recording those lengths for a chance to win! We are also sending out [weekly email updates](#) throughout the challenge to keep you posted on how everyone is going!

Spring is nearly here- September Bike Hire Specials!

With less than 2 weeks till spring, and with the weather warming up and the days lengthening, what better time to stretch those legs with a lovely relaxing (or fast and furious, adrenaline pumping!) bike ride! Don't forget Riverside now hire bikes (tandems and mountain bikes) so it is the perfect activity for the weekends or when friends and family are visiting. You also receive a FREE shower, swim and spa after your ride (facility opening hours permitting). We have some great specials on hire coming up in September - keep an eye on the [website](#) for details.



Swimmagic Holiday Intensives – Begin 27th September 2010

Swimmagic swimschool are running one week holiday intensive lessons again these upcoming school holidays, weeks beginning **27th September** and **4th October**, for Pre-school up to squad levels. These are always popular so if you are interested in getting your kids that important boost up to the next level – book sooner rather than later! We are also running our Squad Clinics for four days, on Monday – Thurs beginning Oct 4th. These are great if you have squad level swimmers who need to polish up on a particular stroke or skill. They cover breaststroke, backstroke/ freestyle, butterfly and turns & dives, and they are great fun too! For more info on any of these classes, please call Fiona or Belinda on 03 546 3221 ext 3.

Swimmagic Swimschool Theme Week – AWESOME ANIMALS

Last term's theme was AWESOME ANIMALS – and we got some HUGE efforts from some of our swimschool kids! We had all sorts of livestock from birds to sharks to cats to lizards! ([Here are some photos of our favourites!](#)) This term the theme is PIRATES and will run for the week beginning **20th September**, and as always we invite everyone to get in on the theme and bust out the costumes and hats!



Staff Profile – This Week: Swimmagic Swimschool Co-ordinator Fiona Braid!

Fiona has worked as a swim instructor for many years and has been our Swimmagic Swimschool co-ordinator here at Riverside for approx 2 years. Previous to this, Fiona was working as a swim instructor at the ASB Aquatic Centre in Richmond and at the Stadium 2000 pools in Marlborough. Fiona has a lot of experience teaching children to swim over the years, and used to work as a clown by the name of Flower (she really is a big kid at heart) before becoming an instructor! Fiona has two teenage children, Hamish and Jessica. In her spare time Fiona likes to do gardening, sewing, playing with her dog and spending time with her family. Originally from South Westland Fiona grew up tramping, cycling, sailing, beekeeping and helping as a builders' labourer. Her first job was at the age of 10 mowing the church laws and has since worked in the hospitality industry, a mussel factory and has been on the board for the Marlborough Kindergarten Association and Blenheim School. If you are a regular visitor to Riverside you will no doubt have seen, or more likely HEARD her clowning around at some point or another! To say she has a loud voice would be an understatement – ask any of the kids she teaches! We asked Fiona a few questions for the Riverside Mail Newsletter...



- Age? *Old enough to know better!*
- Where do you live? *In back office of Riverside*
- What are your favourite activities? – *Gardening, sewing, playing with my dog and spending time with family*
- What's your favourite food? *Chocolate (it is a vegetable!)*
- Favourite swimming stroke? – *Side stroke*
- When not at work she will be..... *Sleeping and/or avoiding phone calls*

Thank you Fiona!



Chillout Afterschool Care and Holiday Programme at Nayland Pool

Chillout Afterschool Care is available at Nayland pool during term time, and we also have a FUN holiday programme running in these school holidays which we are taking bookings for **NOW!** As with most of our activity and fun packed programmes, spaces fill up fast so in order to secure your child's space call Nicki at Nayland on 03 547 0292, she will be happy to help with any enquiries you may have! All the kids love our Chillout staff Nicki, Savannah and Lyn, so make sure you [click here for details of all the awesome activities we have planned for the holiday programme>>](#)



NEED NEW GOGGLES? Brand new Korora range now in stock! Riverside has a large range of quality goggles and accessories for all ages which we will help fit to your face shape. We also have nose clips and ear plugs starting from just \$3 and loads of swim caps to help protect your hair from chlorine (and help keep the pool cleaner!) Just call past reception to see the range and to try on some goggles! Having good goggles really does contribute to the enjoyment of your swim so it is worth investing if you spend a lot of time in the water training or playing!

8 week weightloss challenge – Returning in term 4!

We are over halfway through our 8 week weightloss challenge and we are already seeing some great results from our participants. The feedback we have received from this programme has been great, and due to the interest we have had, we will be running another programme in term 4! If you are interested in taking part in our next 8 week weightloss course, please email your details to nelsonaquatics@clmnz.co.nz or phone Rachee in the gym on 03 546 3221 ext 4.

August Fit Tip – Creating S.M.A.R.T goals!

Are you training Smart? Do you have all the right ingredients? Is your training program:

- Specific
- Measurable
- Achievable
- Realistic
- Timely

Specific – A specific goal has a much greater chance of being accomplished than a general goal. A general goal would be "Get in shape." But a specific goal would say, "Join CLM Health and Fitness Riverside and exercise three times a week."

Measurable – Establish concrete criteria for measuring progress toward the attainment of each goal you set: How much? How many? When will I know when I have achieved my goal?

Achievable – You can attain almost any goal when you plan your steps wisely and establish a time frame which allows you to carry them out.

Realistic - To be realistic, a goal must represent an objective toward which you are both *willing* and *able* to work. Your goal is probably realistic if you truly believe it can be accomplished!

Timely – A goal should be grounded within a time frame. If you want to lose 5kg, when do you want to lose it by? "Someday" will not work. But if it is anchored within a timeframe; "by the time I go on holiday on January 10th", you have set your mind into motion to begin working on the goal.

Thanks to John Maclean (fitness centre co-ordinator and No.1 coffee fan!) for this months fit tip. If you are after any more exercise/fitness or nutrition advice our friendly gym trainers are always happy to help. Remember programme updates/advice are included in your CLM Health and Fitness Riverside membership – just call into the gym or call 03 546 3221 ext. 4 to book an appointment.

Thanks for reading! Keep checking the [website](#) or join us on [Facebook](#) for more news, pics, and updates! As always, we love to hear your feedback so just [email us](#) with any comments, suggestions or ideas of anything else you would like to see in our upcoming newsletters! ☺



You have received this email as you are a current or previous valued customer of Riverside . We respect your privacy and if you would **not** like to be included in email correspondence from Riverside , please reply to this email with UNSUBSCRIBE in the subject line. On the other hand, if you love the updates, please forward onto your friends!