

The Riverside Mail



February 2011

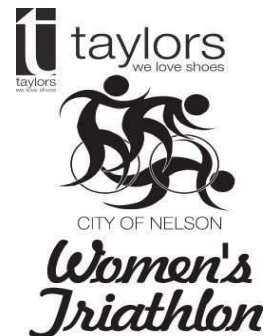
Welcome to the first edition of the Riverside Mail for 2011. We hope you have all kicked your new year off to a great start! We have some fantastic programmes coming up, including our new [10 week weightloss challenge](#), and women's [Triathlon training sessions](#) on a Saturday morning for those who want to compete in the [Taylors Nelson Women's Tri](#). These will be great for anyone who has always wanted to have a go at a triathlon, or for anyone who would like some extra training tips or motivation in preparation for the big day! Check out the details below. Have a great February!

[2011 Weightloss Challenge – Begins Monday 14th Feb!](#)

Our popular weightloss challenge is back for 2011, and due to feedback from previous courses (and the fact that participants loved it so much!) it will now be 10 weeks in duration. You can now get MORE out of your weightloss challenge and really set the wheels in motion for a healthier, happier, more positive you! Our lovely Rachel Hunter will again be the instructor. Rachel has a passion for health, fitness and nutrition and can't wait to get the next group of participants through the challenge! The W10 Weightloss challenge will kick off on Monday the 14th of February, from 6-8pm. Please call (03) 546 3221 ext 4 [or click here for more info!](#)

Taylors Nelson Women's Triathlon – Riverside Training Sessions

The 2011 [Taylors Nelson Women's Triathlon](#) will be held on Sunday April 10th 2011. Run 5km or Walk 3km, Cycle (Road) 14km, Swim 133yds (4 lengths of Riverside Pool). Riverside will be running training sessions in the lead up to the event, from the 12th of February. They will be held on Saturday mornings from 9-10am, based at Riverside Pool. These awesome sessions will include swim training tips and techniques, walking and running training tips and biking tips and techniques. Plus we will be doing a preparation day before the woman's tri on bike set-up, transition areas etc! Train with a group of like-minded women, keep motivation levels up, have loads of fun and achieve your goals! For more awesome events, check out the [Nelson Events website](#).



Course starts Saturday 12th Feb 2011 at 9-10am. \$89 for members, \$199 for non-members (includes full facility pass for 9 weeks!) Call (03) 546 3221 [or click here for more info!](#)



What's happening over at the [Swimmagic Swimschool](#)?

Everyone has had a wonderful, restful break over Christmas and we have had an action-packed few weeks over the holidays with our holiday intensive lessons and clinics. We have done lots of cleaning and organizing around the facilities and we have been doing extensive staff training throughout January so that everyone will be ready for an absolutely fantastic Term 1! We are still taking enrolments for our term 1 lessons which begin this week, so give us a call on (03) 546 3221 if you're interested. Our baby lessons are great fun for the littlies – check out the pic of our Hatchlings group dressed up in their brights for theme week last term. Cute!

Looking forward to seeing you all this week! - Kate

January Fit Tip – Eating for ENERGY!

Eating well and regular exercise can help improve your body's energy levels. Foods containing carbohydrates are the best source of energy for the body. Carbohydrate is stored in the body in the form of glycogen in your muscles and liver. When your glycogen stores are low it makes you feel fatigued and also makes exercise difficult.

ENERGY DRAINERS:

- alcohol
- excess caffeine
- dehydration
- an unbalanced diet/"dieting"
- skipping breakfast
- going for long periods without eating
- lack of sleep
- lack of exercise

ENERGY IMPROVERS:

- Don't "diet"
- eat a balanced diet with a variety of foods from each of the food groups
- don't skip breakfast
- eating smaller regular meals and snacks to prevent hunger
- choose mainly low GI carbohydrate foods such as *oats, pasta, noodles, legumes, grainy bread, fruit, yoghurt, milk* and *soy milk* which will all help to give you longer lasting energy
- avoid excess alcohol
- drink water (not high sugar drinks)
- get enough rest and sleep
- exercise regularly.

For more information on diet and nutrition see John or Rachel in the gym for advice.

Enjoy the water this summer with your Kids!

The New Zealand Recreation Authority have produced a series of radio advertisements which will be aired over the next few weeks encouraging enjoyment and safe supervision at swimming pools this summer. "The water is a fantastic place for kids and adults to interact and learn, so the message we are sending out is that your child is your responsibility, and it's much more fun for everyone if you're in the water with them" says Chief Executive of the New Zealand Recreation Association, Steve Gibling. "Swimming pools are an ideal environment for children to learn swimming and survival skills. Parents can and should actively involve themselves by being in the water and making it fun, it's important that everyone enjoys the water safely. Lifeguards are there to watch over everyone in the facility and respond in an emergency, but they are not a babysitting service and lifeguard are there to prevent life-threatening incidents occurring" says Steve Gibling.



The advertising is scheduled as many parents return to work and look for activities to entertain their kids during the day. This is traditionally the time of year that kids are left unsupervised at the pool. The warm weather combined with school holidays makes swimming pools an inviting place to occupy the youngsters.

Steve Gibling says the message is simple and applies to all aquatic environments: "Always supervise children near water – ALWAYS"

Riverside and Nayland Park Pools follow the nationwide Pool Alone Policy: Children under 8 must be actively supervised by a caregiver 16 or over.

Actively supervised means watching your child at all times, and being able to provide immediate assistance.

A link to the radio ads can be found in the aquatics section of the NZRA website: www.nzrecreation.org.nz

About NZRA

NZRA is a not-for-profit industry organisation committed to promoting recreation and providing professional services to the recreation sector. The sectors that NZRA represents include public swimming pools, parks and open spaces, recreation facilities and recreation programmes. Our vision is that Recreation is vital to the wellbeing of New Zealanders.



Staff Profile – John Maclean, Fitness Centre Co-ordinator and Aquajogging instructor

John has been our Fitness centre co-ordinator here at Riverside for the last 8 years. His qualifications include a diploma in fitness and nutrition, diploma in sports psychology, practicing certificate in Kinesiology, certificate in muscle balance analysis and an advanced diploma in myoskeletal alignment therapy.

“I started off many moons ago in sales for about 5-6 years and realised it wasn't for me so started studying health and fitness. Have

been in the fitness industry now for most of my working life, beginning as a lifeguard here at the pool for 8 years, then got into personal training full time for 3 years. I then got offered to return to Riverside in the gym and turn it into a happening place with gym memberships and more equipment etc, and have been doing that ever since!” he says.

“My main role at Riverside is gym co-ordinator but I also do a weekly aqua jogging class, personal training sessions and myoskeletal alignment therapy. My hobbies have included many sports over the years, coz I'm a sports nut!” In the past John has played basketball, golf, senior rugby (managed and coached it too), tennis and badminton (nelson junior squad). He has swum all his life, with his best result being 8th in the world in freestyle at the world masters swim champs. He has also done downhill mountain bike racing where he feels very fortunate not to have done himself any serious damage! “Nowadays I still swim, play golf, do weight training, and a bit of mountain biking and running. I watch the odd movie, love coffee, hanging with friends and annoying my workmates!”

Catch John in the gym or at his awesome aquajogging class on Fridays at 12pm! (Or doing the coffee run for the early morning staff – thanks John!)



[Chillout afterschool care](#) ■ [10 Week Weightloss Challenge](#) ■ [Bike Hire](#) ■ [Adult Swim Lessons](#) ■ [Swimmagic Swimming Lessons](#) ■ [Free one week trial](#) ■ [Aqua Fitness Classes](#) ■ [Try-A-Thlon Women's Tri Training](#) ■

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