

The Riverside Mail



March 2011

This past week has been a devastating and tragic one for the people of Christchurch, Canterbury and New Zealand so for this month's Riverside Mail we think that it's appropriate that our first thoughts are with the people that have lost their lives, been injured and those that are still missing. We would also like to pay tribute to the huge team of brave rescue workers and wide ranging support staff that are currently involved in the search and recovery, and those that have given up their own homes to provide accommodation for others. Although there will be many weeks, months and years of hard work ahead, we are positive that the people of Christchurch, Canterbury and NZ will recover and rebuild from this disaster and the financial support pouring in from around the country and around the world will no doubt be put to good use. **Riverside is accepting donations at reception, and will also be donating all income made from casual entries to our Aqua Fitness classes this week (Monday 28th Feb– Friday 4th March) to the Westpac/Salvation Army Canterbury Earthquake Relief fund.** We really appreciate the kind support already received from our customers, and hope that you will come along and enjoy a water workout knowing that the payment for your class is all going straight towards helping those affected by the earthquake. [Click here for our class timetable >>](#)

Important information regarding Nayland Park Pool: Unfortunately due to heating issues the Nayland pool will close earlier than advertised this season. The last day of operation will be Friday the 11th of March. We hope you have enjoyed the wonderful outdoor swimming season this summer, and apologise for any inconvenience this early closure of the pools may cause. Chillout Afterschool care and Holiday Programmes will continue to operate as normal.



Easter holidays are coming! Keep the kids entertained with the Chillout crew

Nicki and the Chillout staff are already busy planning the holiday programme for Easter and will guarantee plenty of fun, laughter and adventure. Keep an eye on the [website](#) and upcoming newsletters for more information or email nac@clmnz.co.nz for further details. Book early to avoid disappointment!

Spaces are still available for Chill Out afterschool care at Nayland Pool so if you require any more information check out our [website](#) or contact Nicki on (03) 547 0292. The programme runs from 3-6pm Monday to Friday, and the children can participate in a variety of fun activities everyday.



PLEASE HELP! Toys, games etc needed for Christchurch kids

Nicki and the Chillout staff and kids are looking for any donations of books, toys, board games, arts/crafts/paints/crayons etc which would be suitable for kids, to deliver to after school care groups down in Christchurch who lost their buildings and equipment in the recent events. Nicki will be heading down to Christchurch on the 12th of March, so **please drop off anything you wish to donate, to Riverside or Nayland Pool by the 11th of March.** Thank you!



Looking for your next challenge?

The month of March has the Tussock Spirit of the Moutere Cycle Ride on the

13th. An approximately 60km circuit capturing the essence of the Moutere, taking riders through idyllic rural communities, past anglers challenged by the trout of the Motueka River, along charming valley flats and past a bevy of boutique and cottage industries before returning to enjoy the charming surrounds of Woollaston Estates. All riders receive a bottle of Tussock Wine for their efforts!



Or maybe running and walking is more your scene - the Kaiteriteri Gold Half Marathon & 10km is coming up on the 19th. An undulating and picturesque course that finishes on the golden sands of Kaiteriteri Beach.

For more details on these and all our other events visit our website www.nelsonevents.co.nz

Old photos of Riverside wanted!

Do you have any old pictures or newspaper articles about Riverside or know anybody who used to swim here years ago? Riverside Pool has a colourful history and a lot has changed since we opened our doors to the public in November 1927 – including the addition of a roof! We have a historic event coming up in April and would like as much information/old photos/newspaper clippings as possible in order to tell the pools' story. If you do have anything which you could contribute, please drop it into us here at the pool, or email us at nelsonaquatics@clmnz.co.nz. Keep an eye out for further details of the upcoming historic events in the next edition of The Riverside Mail.



March Fit Tip – What are you doing for your posture at work?

A chair that is “too high” can cause compression behind the knees which slows down circulation to the lower legs and feet. A chair that is “too low” can flatten your back which can entrap the sciatic nerve and cause leg pain, back pain and numbness in the feet.

So how about sitting on a Swiss ball? Instead of being locked into one position which a chair does, a Swiss ball gives the spine more freedom and mobility, (especially in the lumbar or lower back area) because the discs of the spine get fluid and nutrition through movement and better quality breathing, plus your postural muscles become stronger and get used to holding you up all day which they are meant to do. So start by getting your

core muscles stronger by sitting right, and training those lazy muscles to be supportive muscles. Invest in your posture and you'll be thankful for years to come!!

John Maclean, Fitness Centre Co-ordinator.



Staff Profile – Sam Corser, Fitness Centre Consultant and Lifeguard

Sam is 23 years of age and has worked at Riverside since January 2007. He is currently studying towards a Bachelor of Sport and Recreation at NMIT. Sam moved to Nelson from Palmerston North when he was 18, initially to do a film course at NMIT. Sam enjoys tennis, golf, fishing and working out at the gym. He wishes to continue with his employment within the health and fitness industry once he is fully qualified, and would love to travel overseas.

Come and have a chat to Sam in the gym if you need a new programme or advice!

Swimmagic Swimschool loves your feedback!

We are hearing reports of some great swimming happening this term from our team of instructors at Swimmagic Swimschool Riverside! Over the next few weeks, we will be collecting customer feedback forms from Swimschool parents, **so please drop by reception when you bring your kids to lessons and fill one out.** We absolutely love to know what you think, as it all goes towards making you and your child's Swimmagic swimschool experience even better. We love to hear ideas on what can be improved, what you like, and how our fantastic instructors are performing. As always, if you have any other questions or concerns you can contact me on (03) 546 3221 ext 3 or via email - katemcgrath@clmnz.co.nz.



See you on Poolside! - Kate

Nelson Swimmers – You ROCK!

Just a quick shout out to our super star Lifeguard **Kirsten Ramsay** for doing so well in this year's Port Nelson Sea swims! We wish her all the best for the remaining swims of the season, the last swim being on Thursday the 17th March. Also a big well done to everybody else who takes part in the swims, including Riverside swimschool co-ordinator Kate McGrath and Aquajogging instructor Kay McPherson; you guys are amazing. Check out the [Nelson Sea Swims website](#) for more info and results.

Another Nelson swimmer achieving big things is **Andrea O'Fee**, who has recently conquered the Cook Strait! What an incredible achievement, and an inspiration to us all. [Read all about it here>>](#)

And last but not least: Kate (swimschool), Maggie (lifeguard and reception), and Jo (reception and Aquafit) will be representing Riverside at the [Nelson Mail teams Triathlon](#) this Saturday. We wish them all the best for the event, and if you happen to be down there on the day, give them a cheer - Go girls!



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

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