

The Riverside Mail



November 2010 Newsletter

Welcome to the latest edition of the Riverside Mail Newsletter! We have had a busy month here at the facility with our latest 8 week Weightloss challenge starting on Tuesday evenings, preparing Nayland Park Pools ready for summer, the beginning of term 4 Swimmagic Swimschool and of course the school holidays, and are looking forward to another fantastic month as the weather warms up.



Nayland Park Pools Open on the 13th November for the summer season

Nayland Park Pools is a legendary outdoor summer swim complex consisting of a massive 50m 8 lane lap pool, 20m pool, Toddlers pool, and 4m deep dive well with 3 springboards. There is also a swim shop stocking a comprehensive range of goggles and accessories, and of course those all important ice blocks! Our staff have been very busy behind the scenes getting this awesome complex ready for business this summer; The pools are sparkling, the gardens are looking good and we can't wait for a great season of outdoor swimming in the warm Nelson sun. As always we have some fantastic programmes planned,

such as holiday intensive Swimmagic swim lessons, Chillout after school care and Holiday Programmes (which operate all year round) and Springboard diving workshops as well as the Nayland Swim club, and of course lots of long hot days of fun in the sun.

Great news for Riverside Members / swim concession card holders: Members have unlimited use of Nayland Park Pools for casual swimming included with your membership! If you hold a swim concession card for Riverside, these can also be used at Nayland when the pools are open.

Nayland Park Pools are open from Saturday 13th November 2010:

Monday to Friday (during school term time) - 3-6pm

Weekends and School Holidays – 10am-6pm

Closed Christmas Day

The Nayland Park Pools complex is also available for hire (subject to availability). If you have a group or function and would like to make an enquiry, please email Jo or Dave at nelsonaquatics@clmnz.co.nz and we will be able to look into the options for you!



See www.naylandpool.co.nz for more details. (Old school Nayland Pool fans should check out this Facebook page: [I loved Nayland Pool in the summer!](#))

Swimmagic Super Splash Swim Meet

Swimmers who take part in lessons with Swimmagic Riverside, who swim at Development level or above, are invited to the Super Splash swim meet held at **ASB Aquatic Centre** in Richmond on **Sunday 7th November from 6pm**. This is a great chance to take part in an informal and FUN swim meet, held in a relaxed environment. Also a great chance to meet other swimmers who swim at your level! There will be lucky lane prizes and spot prizes throughout the evening. Just \$2 entry. Anyone who is interested can contact Kate McGrath at Riverside for more info, on 546 3221 ext.3, or via email: katemcgrath@clmnz.co.nz.

Kate McGrath is our new Riverside Swimmagic Swimschool administrator. Kate is passionate about swimming and is focussed on instructor quality and standards, and working with parents to ensure their children are receiving the best lessons possible. Kate is more than happy to chat with you if you have any questions or comments about any aspect of you or your child's lessons.



Womens Mountain Bike Workshops

Ladies – If you are looking to improve your mountain biking skills and get outdoors and have some fun this summer, then check out these [Wheel Women Mountain Bike workshops](#). Don't forget you can hire mountain bikes from Riverside if you do not have your own, or if you want to get your friends into it too!

It's Sea Swim season!

The hugely popular Port Nelson Summer Sea Swim series begins again on **Thursday the 18th of November**. The series runs for 19 weeks over summer, and is a great incentive to up your swim training! Swimming in the sea is an exhilarating experience and there is an option for all swimmers from beginners to elite athletes thanks to the short and long course options. You can race against others, strive to beat your personal best time or if you do not want to compete, just go along and enjoy swimming safely in the open water with a friendly group of people! The Port Nelson Summer Sea Swims are held each Thursday night from 18th November at 6.15pm from the Nelson Yacht Club ramp on Wakefield Quay in Nelson. For more info, visit www.nelsonseaswims.co.nz.



November Fit Tip – We Love Swimming!

With the Sea Swims coming up, we thought we would include a few simple swim tips in this month's newsletter. First things first: to make your swim as comfortable and enjoyable as possible, it helps to get the right equipment:

GOGGLES: Good fitting goggles can make the world of difference to your swim – to get the right goggles, the reception staff at Riverside can show you a range which you can try on to ensure you get the best fit. Fogging, leaking goggles can disrupt your swim so get a good pair and your enjoyment will skyrocket!

CAP: A swim cap will keep your hair protected from the water and out of your face, make you streamlined and can also help with keeping your head warm if you are swimming in the ocean - go for a bright colour so that you are easy to see in the sea!

TOGS: Tight-fitting togs are a must to help you glide through the water easily. Baggy board shorts look good on the beach but drag through the water whilst swimming, making it a lot harder. Chlorine-resistant togs are an excellent investment as they last so much longer than regular togs and are more comfortable to wear in the water.

Next, jump in! Whether you swim 3km at 6am or enjoy a leisurely 20 lengths, there's nothing better than getting in the water. Set a goal if you are planning on making swimming a regular thing. If you stick at it, you will find that it does not take long to swim further and for longer as you progress. Perfecting your technique helps too – this will make your swimming a lot more efficient and comfortable. Swimmagic Riverside runs lessons for adults, and Lionel Padial of [Oneflow Swimming](#) runs fitness and technique coaching sessions for adults throughout the week at Riverside. Swimming with a group can help keep you motivated and is great fun.

Keep the engine fuelled Take a water bottle with you to the pool and make sure you drink plenty throughout your swim. You may not realise how hard your body works in the water so you need to keep yourself well hydrated. If you feel hungry after your swim (which is likely – swimming is an excellent calorie burner and gives your metabolism a kick) a protein-rich snack is great to help repair the working muscles faster. A handful of raw nuts is great!

There are lots of awesome swimming resources online, here are a few links we like:



Claire (Riverside Lifeguard) to run New York City Marathon!

Claire (Klaartje) won't be around Riverside over the next week or so as she has jetted off to the USA take part in the New York City Marathon! Claire will be running the marathon on Sunday the 7th November and we wish her all the best for the challenge. We can't wait to hear about it when she gets back!

What activities are you and your family/friends getting up to around Nelson? (or further afield!) Are you taking part in any races or events of any kind? Or if you're a sporting weekend warrior - we would love to know about it! Email your stories/photos/videos to Jo: joperrott@clmz.co.nz. We would love to feature stories about our members/customers in our future newsletters.

Staff Profile – Jo Perrott - Reception Co-ordinator and Aquafit Instructor

Most of you who visit Riverside will have seen Jo on reception, or teaching the Aquafit class on Friday morning. Jo has worked with CLM for approx 4 years, starting as a lifeguard and swimschool instructor at the ASB Aquatic Centre in Richmond, before moving over to Reception and Aquafit Instructing at Riverside about 2.5 years ago. She has loved getting to know all the friendly faces that come through the doors each day at Riverside! Jo is originally from Wales, UK (a great place, full of mountains and sheep, a bit like New Zealand?) and can speak fluent Welsh. One of her first jobs was as a lifeguard at the local leisure centre in Machynlleth (try pronouncing that one!) and has been involved in the leisure industry in some way or another ever since, including a summer of lifeguarding in the USA with Camp America, swim teaching in London and marshalling at go-kart tracks. She came out to New Zealand for the first time over 7 years ago and had a great time doing all the touristy activities like bungee jumping, skydiving, glacier hiking etc, and really loved the place. She is now a permanent NZ resident and loves living in Nelson as it's such a great place for all sorts of outdoor activities. When not at work, Jo will be wakeboarding, waterskiing, mountain biking, dirtbike riding, snowboarding or out walking. She raced go-karts for 2 years and would love to get back into this some time in the future. Travel is another big passion, she recently got back from a 3 month trip overseas where she went snowboarding in Canada, visited friends and family in the UK and did a road trip around Europe. Jo also loves to swim and believes swimming is such an important skill to have, as it provides a basis for all sorts of activities which would not be possible without water confidence. Jo would like to get a pilot's licence someday and fly herself around New Zealand!



Riverside Pool Nelson on Facebook

If you are not already friends with us on Facebook, [please click here and add us!](#) Our Facebook page is one of the best ways that we can keep you updated with all that's going on at the facility, and you can contact us via the page too.

Help us Help you!

Let us know what you think of our services! [Click here](#) to complete our quick 2-minute survey. We value your feedback and are always looking at ways we can improve our facility, which would not be possible without your input. Thank you!

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

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