

The Riverside Mail



Welcome to June! In this edition of the Riverside Mail, read about Nelson's very own commonwealth games silver and bronze medallist swimmer, Amaka Gessler and her amazing achievements. We also give you an insight into one of Riverside Pools after hours user groups – Nelson Canoe Club and their action-packed game - Canoe Polo! See what's in store for runners from the team at Nelson Events, and we also have some interesting info about fat burning zones and how to burn the most fat during your workout. And check out the low down on our brand new class: Aqua Lite! Enjoy!

**NELSON
CANOE CLUB inc.**
www.nelsonkayakers.co.nz



Canoe Polo

Canoe polo is a fast moving game that combines ball skills and similar game plan of netball or water polo with kayaking. Apart from being a great game in its own right, it is very good for improving your white water paddling skills. The club hosts a winter league for beginners and more advanced paddlers. Games are currently being played at Riverside pool on Wednesday nights between 7:30pm and 8.30pm with the required gear available at the pool.

For further information contact Daniel - polo@nelsonkayakers.co.nz or see the website www.nelsonkayakers.co.nz

Riverside Power outage during May

We would like to apologise for the shut down we experienced recently. On the Saturday morning we found that we had lost third phase power to the facility through a major switch. The timing was not great as we couldn't get it over the weekend so we had to wait until parts could be couriered to us on the Monday evening. Then it took the Tuesday to heat the water and get the pool chemicals to meet the standards. We worked as fast as we could to do this and used the down time to do some repairs and maintenance around the facility. Thanks to all of our pool users for your patience and understanding while we dealt with these unexpected interruptions to our services.

Swimmer Profile – Amaka Gessler – ex Riverside Swimmer and Commonwealth Games Medallist

Amaka Gessler moved to Nelson at the age of nine and trained at Riverside pool for six years. She attended St. Joseph's School and Nelson College for Girls. Last year she represented New Zealand at the Delhi Commonwealth Games and won a silver medal in the 4 x 200m Freestyle and a bronze medal in the 4 x 100m Freestyle. Delhi was an amazing experience for Amaka. All the athletes stayed in a village, which was completely surrounded by security guards and towers. There was a main dining hall which was open all day and which had food from all the different cultures. The athletes each had badges which they could trade with each other, and on the last night everyone traded their uniform. After the swimming Amaka got to go to the Taj Mahal and watch the other sports such as the Netball and the Hockey. She said it was awesome being able to watch these 'nail-biting' games live, and that it was really cool because all the local Indians were cheering for the Kiwis and not the Aussies! Building up to the Commonwealth Games Amaka travelled with the Aquablacks to compete in Europe and America. These competitions taught her how to adjust and compete in different environments. This year Amaka will be representing New Zealand at the World Championships in Shanghai, and the World University Games in Shenzhen. She is also hoping to qualify for the London Olympics next year. When not training or studying for her Bachelor degree, Amaka loves hanging out with friends and watching movies. She also loves eating chocolate and coming home to Sunny Nelson.



Repaint of Womens Changing Sheds

We are planning a re-paint of the womens changing sheds, which will be happening between the **13th and 24th June**. We are looking forward to brightening and tidying up the ladies sheds, but this will of course cause some disruption with regards to the changing facilities. The family and sauna room changing sheds will be used in the meantime whilst we carry out the upgrades. We hope the renovations will not interfere with your routines too much, and that you will be pleased with the end result!

AQUA LITE New Class!
Thursdays 10am
45 minute class
Starting Thursday 2nd June
Special introductory price of \$9 per class for the month of June 2011

Our brand new Aqua Lite class is a lower intensity, shallow water class aimed to get you moving again! If you want to get back into exercise, and recovering from an injury or just looking for a low impact, easy paced class then Aqua Lite is for you. Your instructor will guide you through a range of exercises designed to increase flexibility and range of motion whilst strengthening and toning muscles. All in a weightless environment that is easy on your joints. **LOW IMPACT, EFFECTIVE and FUN!**

CLM HEALTH FITNESS
Riverside
www.riversidewaterpool.co.nz

AQUA LITE – Brand new class starts 2nd June

We are excited to introduce our brand new aqua fitness class, Aqua Lite, to our great range of aquatic group fitness classes. Aqua Lite is a lower intensity, shallow water class designed to get people moving again whether they have had a break from exercise, an injury, or have been given a green prescription. It is also ideal for

those who just wish to take part in a low impact, easy paced and fun workout! Riverside aquafitness co-ordinator Jo Perrott says: "our instructors had identified a need in our programme for a class which would cater more towards those who enjoy working out at a gentler pace. The new class will include plenty of functional movement, which will help increase participants' flexibility and range of motion, whilst working with the resistance of the water to help strengthen and tone muscles and bones". The water is a fantastic place to exercise as it provides resistance, but without the stress on muscles, joints and bones. Many of Riverside's current class participants report reduction in back pain and joint pain, and even relief from conditions such as arthritis and high blood pressure, by attending aquafitness classes regularly. Jo hopes that adding the new class to the existing programme will encourage a wider range of people to come along and give aquafitness a go. "Our classes are very versatile; we cater for the beginner right through to the advanced. The great thing about the water is that you can go at your own pace, so you can keep it steady or really go for it if you want to!". The new Aqua Lite class will run on a **Thursday morning at 10am** for 45 minutes, starting this Thursday (2nd June) and will be at a special introductory price of \$5 per class throughout June. Check out the full range of aqua fitness classes at Riverside Pool including Aqua Lite, Aquafit, Aquajogging and Aquanatal at www.riversideswimmingpool.co.nz or call (03) 546 3221 for more info.



Proposed alterations to Riverside Toddlers' pool

As a popular facility we are always looking at growing our facilities and making improvements, adhering to our value of continuous improvement. Riverside Pool management is proposing to make a change to the toddlers' pool by adding a wall width ways and increasing the depth at one end to up to 1 metre deep.

The benefits of doing this include:

- More space for our growing [SwimMagic swim school](#) for swimming lessons
- Free up lanes for lane swimming
- We can also input a source of heat bringing the temperature up over the current 28-29°C for both the tots pool and new lesson pool.

There will still be a toddler's play area, with the overflow from the new learners' pool making it warmer. We would like to add some play features like slides to this area.

We are looking for some feedback on this proposal. Basic drawings are available at Riverside Pool for patrons to get a perspective of proposed changes. Please fill out a form provided at reception to provide us with your feedback on this renovation before the 10th June 2011.

June Fit Tip - The Myth about Fat Burning Zones

In many of the fitness articles and all over the internet, we see claims about our 'fat burning zone.' What is it? It is supposedly reached by exercising at 55-65% of your maximum heart rate, which is rather a low-intensity workout. It is said that this level of exercise utilizes more fat in the body in comparison to carbohydrates for energy. Then, as you increase the exercise intensity (70-80%) your body shifts to using more carbohydrates for energy and therefore not as much fat. This is in fact TRUE. Should I then be exercising at a lower intensity you ask? Simply put - NO! While it is true that fats and carbs are utilised within the 'fat burning zone' very little of both are burned. However at a higher intensity you burn many more kilojoules, which include fat kilojoules.

Food For thought...Published by LaForge and Kosich:

LaForge and Kosich (1995)	Lower intensity	Higher Intensity
Cardio Duration	60 minutes	60 minutes
VO₂max (A measure of intensity)	50%	70%
Total calories burned	480	660
% FAT	50%	40%
% CARBOHYDRATE	50%	60%
TOTAL FAT	26.6g	29.3g
TOTAL CARBOHYDRATE	60g	99g

As you can see, exercising at a higher intensity burned far more fat than lower-intensity exercise. So all you gym goers aiming to lose those next few kilos I expect to see you sweating it out in the cardio room, not having a conversation with the cute guy or gal on the bike next to you ☺

Thanks to Heidi (Riverside Fitness Consultant) for this month's Fit Tip!



Nelson Events - Escape from Tane's Forest Trail Run, June 25th

The newest event on the Nelson Events Trail Running Calendar. The 2011 event is to be held in the stunning surrounds of the Brook Waimarama Sanctuary. This one's got it all - history, mystery and scenery, and both a long course (23km) and short course (13km) option.

Imagine a place where native plants and animals thrive without threat from introduced pests, alive with birdsong, where rare species such as kiwi, tuatara and kakapo roam freely. That's THE MYSTERY as you tread a circuit inside The Brook Waimarama (Clear Waters) Sanctuary close to Nelson's CBD. But first, THE HISTORY and THE SCENERY! The day begins as you head up Nelson's 1862 'railtrail' which began as New Zealand's first railway, albeit horse drawn, transporting the chromite and copper spoils from the Dun Mountain Mineral Belt before closing in 1866 due to unfavourable returns. Will it be favourable for you on June 25th?

Those in the Short course (approx 13kms total) then head into the Sanctuary at 4 Corners for their breathtaking circuit. The Long course (approx 23kms total) trail runners ascend Fringed Hill (793m) pausing occasionally to view the panoramic picture postcard of Nelson City and Tasman Bay way below. From there it's along Black Diamond Ridge to Third House followed by a quick descent down the old railway bench (cutting) which is pretty much still intact although no remains of sleepers or rails remain. At Four corners it's into the Sanctuary to chase those in front.

But the day is not yet over...

Prizegiving is at Founders Heritage Park where a hangi awaits, washed down with a specially brewed 'Hangi Beer' from Stoke Gold by The McCashin Family.

ESCAPE FROM TANE'S FOREST - you'll be captured when you run the Sanctuary and Surrounds.

Full details and online entry at www.nelsonevents.co.nz

Riverside entry fee increase

Please note that as of 1st July 2011, there will be a slight price increase to the entry fees to Riverside. Please ensure you pick up a new updated flyer from us in July (next month).



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

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