

The Riverside Mail



Welcome to Riverside's very first e-newsletter! We have designed this newsletter to keep you informed of all that is happening at Riverside each month. We would love to know what you think of your newsletter so feel free to [email us](#) with your comments and suggestions as we always love to hear from you!

8 week weightloss challenge

Following the success of last years' "Biggest Shrink" weight loss challenge, we are super excited to be running it again this year. Rachel Hunter is the course facilitator; many of you will already know Rach as she is one of our lovely gym instructors/personal trainers here at Riverside. She is very passionate about helping people achieve their health and fitness goals, and is full of information and ideas on healthy eating plans and making the right food choices thanks to her certificate in nutrition. She is ready to help you every step of the way to becoming a healthier, happier you, and will also make sure you are having a blast along the way in true Rachee style! Spaces are limited so get in quick – all participants go in the draw to win a full 6 month facility membership. [For more info click here>>](#)

Riverside Bike Hire

Riverside is now proud to offer bike hire - We have 6 awesome new Avanti mountain bikes and 2 tandems, ready to be hired out now. Cycling is a great way to explore our beautiful city and we most definitely have the weather for it – even in winter! Hire a tandem with a friend and cruise Rocks Road, or get an adrenaline fix on one of Nelson's many world class mountain bike trails. We will give you everything you need for your ride – helmet, maps, tool kit and also saddlebags and baby seats if you need them. Call into Riverside, [email us](#) or phone (03) 5463221 for more details or to make a booking. [Staff have already been having some fun on the bikes!>>](#)



Nelsons Next top swimmers 2 coming soon...!

We are busy organizing another swim challenge due to begin in the next few weeks. "Nelson's next top swimmers" was a huge hit last year and we can't wait to run it again this year. As always we have some great prizes up for grabs, and it is a great incentive to get into the pool (which is always warm – even in winter!) and keep your fitness up. Keep an eye out for updates [on our website](#) and at the facility over the next few weeks.

New payment option for swimschool

Can you believe we have begun term 3 [Swimmagic](#) swimming lessons already?! If you have not secured your child's space for the term, it's not too late to give us a call on (03) 5463221, as we can still let you know we have available. We have a brand new [Easypay](#) option for swim school lessons from term 3 onwards – secure your child's space for 2 terms and choose from unlimited swimming for 26 weeks OR one week of holiday intensive lessons all from as little as an easy payment of \$10 per week for one child. We believe there is nothing more important than your children being able to swim, so this is why we devised this option as it will really immerse your child in their swimming and give them the best chance of progression and success. They will also have heaps of fun along the way with our fabulous instructors Fiona, Belinda, Jess, Maddy, Elena, Judith and Alex! [Check out our Swimmagic easypay options here>>](#)



In the next update...

Some things we will be working on for the next newsletter will be a STAFF PROFILE to let you know a little more about the friendly faces you see down here at Riverside, A "FIT TIP" from one of our awesome gym instructors, and loads more info and updates! Don't forget to visit our website www.riversideswimmingpool.co.nz, as it is regularly being updated.

A big thanks for reading, from the team at Riverside!