

STAFF NEWS

Congratulations to Shaun Michell and Gabriela Ferretti on their new appointments as Assistant Venue Managers, and to Peter Henry and Stacey Ware on their new appointments as Senior Venue Supervisors.

EZYSWIM PROGRAM WEEKLY SKILLS These skills are incorporated into each session.

1/6/17 – 4/6/17

Pre-School & School Age: Clothed Swim/Safety Week
Marlin & Shark: Assessment Week

5/6/17 – 11/6/17

Pre-School Age: Assessment Week
Seahorse/Platypus: Back and Front Sculling
Seal/Dolphin: Breaststroke Arms
Marlin: Freestyle & Dives.
Shark: Butterfly Turns

12/6/17 – 18/6/17

Pre-School & School Age: "Think so you don't sink"
Marlin & Shark: Water Safety/Clothed Swim

19/6/17 – 25/6/17

Pre-School Age: Treading water with a board
School Age: Assessment Week
Marlin: Freestyle & Turns
Shark: Dives & I.M. Turns

26/6/17 – 30/6/17

Pre-School: Fun Week
School Age: Revision Week
Marlin: Backstroke & Stroke Count
Shark: I.M.

JUNE 2017



2ND LESSON PROMOTION

If you take up a second swimming lesson between now and August you will receive an additional 20% off the ordinarily discounted price – that is a discount of 50% for the second class! This offer is valid for all new and existing customers. Hurry before spaces fill!

Please see reception for more details.

GIANT POOL INFLATABLE

The giant pool inflatable is available between 2pm – 5pm on the **third Sunday of each month** between February and November. The next date will be Sunday 18/6/17. The giant pool inflatable is available for children 12 years and under who can swim 25 metres. Use of the inflatable is free after general centre entry.

WINTER TIPS

Although our heated pool and pool deck remain a constant ~28 degrees year round, here are some additional tips to stay warm over winter:

- Wear a silicone cap
- Arrive to the swim centre warm
- Have a hot shower after your swim
- Make sure you leave warm and dry.

STUDENT PROGRESSION REPORTS

Student Progression Reports will now be sent to customers via email. If you do not receive your report, please let us know.

SWIMMER OF THE MONTH

Congratulations to our Swim Stars for this month:

- **Pre-school Age: Annie Zhu** For consistently trying her best in swimming lessons. Annie has now gained confidence to submerge under water.
- **School Age: Jameson Dunne** For his outstanding focus in swimming lessons. Well done Jameson!
- **Squad: Kiera Mironova** Consistently gives 100%. Her enthusiastic approach is influential amongst all other squad members. Congratulations Kiera!

RACE NIGHT

The next scheduled Race Night is Friday 2nd June 5:30-6:45pm. Please register between 4:30pm-5:30pm. As always, participation in Race Night is free for all Ezyswim customers in Platypus level and above.

LAP SWIMMING ETIQUETTE

Please use common sense and consider the safety of others while swimming past. Please keep to the left at all times.

Leisurely Lap Swimming

These lanes cater for slower paced swimmers and are ideal for breaststroke and aqua jogging.

Medium Lap Swimming

These lanes are suitable for medium paced swimmers.

Faster Lap Swimming

These lanes are suitable for faster paced swimmers (under 30 seconds per lap). Faster kicking with a board is permitted in these lanes.

ADULT PROGRAM TIMETABLE

Please note - every effort will be made to adhere to the timetable but Mosman Swim Centre reserves the right to change or alter classes as necessary. Updates are available on the Mosman Swim Centre website www.mosmanswimcentre.com.au

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.00am	Surf & Tri	Surf & Tri	Surf & Tri	Surf & Tri	Surf & Tri		
6.15am			Health & Fit		Health & Fit		
7.00am						Health & Fit	
8.00am						Aqua Combo	
8.15am	Aqua Shallow	Aqua Combo	Aqua Shallow	Aqua Combo	Aqua Shallow		
9.15am							
9.30am		Health & Fit		Health & Fit			
12:00pm							Aqua Combo
6.30pm	Aqua Deep	Health & Fit	Aqua Combo * Health & Fit	Health & Fit			

Note: classes marked with * are under review due to consistently low attendance. The review process is based on a 6 week period. If the attendances are consistently lower than 6 participants the class may be removed from the timetable

Please be advised class bookings are not taken and classes are capped for health and safety reasons. Participants are advised to arrive early to avoid disappointment.

NO CLASSES ARE HELD ON PUBLIC HOLIDAYS. Full class descriptions are available in our brochures.

POOL INFLATABLE AVAILABILITY – Available between 2-5pm on the third Sunday of the month (February – November excluding public holidays). Next date 18/6/17

EZYSWIM RACE NIGHTS – On the 1st Friday of the month between 5.30-6.45pm between February – December (excluding School Holidays). Next date 2/6/17.

LANE AVAILABILITY JUNE 2017

Please note - every effort will be made to adhere to the timetable but Mosman Swim Centre reserves the right to change or alter classes as necessary. Updates are available at www.mosmanswimcentre.com.au

*2 indicates peak periods during Swim School time (2 x 1.5m or 1 x 3m lane only)

10 indicates centre event – no lanes available.

Last updated: 27/5/17 at 9.00am

Date	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
5.00am	2	2			2	2	2	2	2				2	2	2	2			2	2	2	2	2			2	2	2	2	2
5.30am	2	2			2	2	2	2	2				2	2	2	2			2	2	2	2	2			2	2	2	2	2
6.00am	2	2			2	2	2	2	2				2	2	2	2			2	2	2	2	2			2	2	2	2	2
6.30am	2	2			2	2	2	2	2				2	2	2	2			2	2	2	2	2			2	2	2	2	2
7.00am	2	2	2	6	2	2	2	2	2	2	6		2	2	2	2	2	6	2	2	2	2	2	2	6	2	2	2	2	2
7.30am	2	2	2	6	2	2	2	2	2	2	6		2	2	2	2	2	6	2	2	2	2	2	2	6	2	2	2	2	2
8.00am	3	2	2	2	2	3	2	3	2	2	2	6	3	2	3	2	2	2	2	3	2	3	2	2	2	2	3	2	3	2
8.30am	3	2	2	2	2	3	2	3	2	2	2	6	3	2	3	2	2	2	2	3	2	3	2	2	2	2	3	2	3	2
9.00am	2	2	2	2	2	2	2	2	2	2	2	6	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2
9.30am	2	2	2	2	2	2	2	2	2	2	2	6	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2
10.00am	2	2	2	2	2	2	2	2	2	2	2	6	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2
10.30am	2	2	2	2	2	2	2	2	2	2	2	6	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2
11.00am	2	2	2	2	2	2	2	2	2	2	2	6	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2
11.30am	6	6	2	2	6	6	5	6	6	2	2	6	6	5	6	6	2	2	6	6	5	6	6	2	2	6	6	5	6	6
12.00pm	6	6	2	2	6	6	6	6	6	2	2	6	6	6	6	6	2	2	6	6	6	6	6	2	2	6	6	6	6	6
12.30pm	6	6	2	5	6	6	6	6	6	2	5	6	6	6	6	6	2	5	6	6	6	6	6	2	5	6	6	6	6	6
1.00pm	6	6	2	5	6	6	6	6	6	2	5	6	6	6	6	6	2	5	6	6	6	6	6	2	5	6	6	6	6	6
1.30pm	6	6	2	5	6	6	6	6	6	2	5	6	6	6	6	6	2	5	6	6	6	6	6	2	5	6	6	6	6	6
2.00pm	6	6	3	5	6	6	6	6	6	2	5	6	6	6	6	6	3	3	6	6	6	6	6	3	5	6	6	6	6	6
2.30pm	6	6	3	5	6	6	6	6	6	2	5	6	6	6	6	6	3	3	6	6	6	6	6	3	5	6	6	6	6	6
3.00pm	6	4	3	5	4	4	5	6	4	2	5	6	4	5	6	4	3	3	4	4	5	6	4	3	5	4	4	5	6	4
3.30pm	2	2	3	5	2	2	2	2	2	2	5	6	2	2	2	2	3	3	2	2	2	2	2	3	5	2	2	2	2	2
4.00pm	2	2	3	5	2	2	2	2	2	2	5	6	2	2	2	2	3	3	2	2	2	2	2	3	5	2	2	2	2	2
4.30pm	2	2	3	5	2	2	2	2	2	2	5	6	2	2	2	2	3	3	2	2	2	2	2	3	5	2	2	2	2	2
5.00pm	2	2	6	6	2	2	2	2	2	6	6	6	2	2	2	2	6	6	2	2	2	2	2	6	6	2	2	2	2	2
5.30pm	2	0	6	6	2	2	2	2	2	6	6	6	2	2	2	2	6	6	2	2	2	2	2	6	6	2	2	2	2	2
6.00pm	2	0	6		2	2	2	2	2	6			2	2	2	2	6		2	2	2	2	2	6		2	2	2	2	2
6.30pm	2	0	6		2	2	2	2	2	6			2	2	2	4	6		2	2	2	2	4	6		2	2	2	2	4
7.00pm	2	6			4	2	2	2	6				2	2	2	6			4	2	2	2	6			4	2	2	2	6
7.30pm	6	6			6	6	6	6	6				6	6	6	6			6	6	6	6	6			6	6	6	6	6

Please be aware that all customers must be out of the water 10 minutes prior to closing and off the premises at closing time.



Centre Operating Hours - Monday-Friday 5.00am-8.00pm, Saturday 7.00am-7.00pm

Sunday 7.00am-6.00pm, Public Holidays 8.00am-6.00pm, Closed Christmas Day & Good Friday.

Mosman Swim Centre is a community facility operated by Aquatic Leisure Management on behalf of the Mosman Council