



APRIL 2018

THE SPLASH

HOLIDAY OPERATING HOURS

Easter Sunday, 1st April: Centre Open
8am-6pm

Easter Monday, 2nd April: Centre Open
8am-6pm

ANZAC Day, 25th April: Centre Open
8am-6pm

EZYSWIM CLUB NEWS

Our March Race night was a great success with most swimmers achieving personal best times.

Our club also participated in the Balmoral Swim for Cancer on Sunday 18th March with a few club swimmers participating in the 200m junior swim and relays. A number of our adults also swam in the 1km and 5km races. It was a great day, and contributed to raising money for a great cause. Special mention to Campbell Conna, Finn Bethell and Nick Riley for placing 1st, 2nd and 3rd in the Junior Swim.

Keep an eye out on our website for our upcoming April events and meets!

UPCOMING EVENTS

Keep an eye out for notices and website updates for our upcoming events registration

- Race Night 4th May 2018.

COURSES AT MOSMAN SWIM

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 30s per lap). Fast kicking with a board is permitted in these lanes.

CENTRE

Did you know there are a variety of courses being hosted by the Mosman Swim Centre? We have joined forces with AUSTSWIM and Royal Life Saving to deliver the following:

- Teacher of Swimming and Water Safety
- Teacher of Infant and Preschool Aquatics
- Pool Lifeguard

Please contact AUSTSWIM and Royal Life Saving directly to book into a class.

SWIMMERS OF THE MONTH

We would like to congratulate our April Swimmers of the Month:

Jonty Bleach (Penguin)

Very determined to improve his big arms which resulted in his progression.

Jack Covino (Tadpole)

Determined effort to achieve his roll and float. Always very happy and attentive in class.

Finn Bethell (Bronze Transition)

Fantastic effort in class. He has been consistent at all levels, and is a role model to his peers.

HOLIDAY EXPRESS PROGRAM

Spots are filling fast! The Holiday Express Program is a great opportunity to work on your swimming skills and strength before the winter months.

Dates:

Week 1: Monday 16th - Friday 20th April (5 sessions)

Week 2: Monday 23th - Friday 27th April (4 sessions- no class on ANZAC day)

Cost: 5 day / 4 day costs

Group Classes: \$106.90 / \$85.50

Private Lessons: \$204.50 / \$163.60

Don't forget, regular lessons continue as normal during school holidays.

MEMBER PORTAL

Have you had the opportunity to use our Member Portal since we launched in August 2017?

Did you know that you can?

- Update or change your profile and account details
- Renew your Membership or Visit Pass
- Mark absences and book make up lessons
- View the latest events

No need to wait in line on your next visit – just complete any of the above from the comfort of your own smart phone or PC.

SOCIAL MEDIA

Did you know that we have a Facebook page? To check it out and keep up to date with our regular posts simply search for Mosman Swim Centre on Facebook. Make sure to give us a 'like'!

EZYSWIM PROGRAM WEEKLY SKILLS

These skills are incorporated into each session.

03/04/18 - 08/04/18

Preschool & School age: "Think so you don't sink"

Marlin: Butterfly

Shark: I.M

09/04/18 - 15/04/18

Tadpole/Frog/WSC: Survival Swim

Penguin/Seahorse/Platypus/Seal/

Dolphin: Catch, Push & Pull

Marlin: Backstroke & Turns

Shark: Butterfly

16/04/18 - 22/04/18

Preschool & School age:

"Fitness Builder"

Marlin/Shark: Dives & Turns

23/04/18 - 29/04/18

Tadpole/Frog/WSC/Penguin: Diving

Seahorse/Platypus: Starts & Finishes

Seal/Dolphin: Starts, Turns & Finishes

Marlin/Shark: Dives & Turns.

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 Combo	Aqua Combo	Aqua Combo	Aqua Combo	Aqua Combo		
9:30am		Health & Fit		Health & Fit			
12:00pm							Aqua Combo
6.30pm	Aqua Combo	Health & Fit	Health & Fit	Health & Fit			

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 (Feb – Nov excluding public holidays). Next date is 15/04/18.

EZYSWIM RACE NIGHTS – On the 1st Friday of the month between 6.00-7.30pm between Feb – Dec (excluding School Holidays). Next date is 04/05/18.

LANE AVAILABILITY APRIL 2018

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.

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	
5.30am			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	
6.30am			2	2	2	2			2	2	2	2	2			2	2	2	2	2			2	2		2	2			2	
7.00am			2	2	2	2	2	6	2	2	2	2	2	2	6	2	2	2	2	2	2	2	6	2	2		2	2	2	6	2
7.30am			2	2	2	2	2	6	2	2	2	2	2	2	6	2	2	2	2	2	2	2	6	2	2		2	2	2	6	2
8.00am	6	6	3	3	3	3	2	2	3	3	3	3	3	2	2	3	3	3	3	3	2	2	3	3	6	3	3	2	2	3	
8.30am	6	6	3	3	3	3	2	2	3	3	3	3	3	2	2	3	3	3	3	3	2	2	3	3	6	3	3	2	2	3	
9.00am	6	6	3	3	3	3	2	2	3	3	3	3	3	2	2	2	2	2	2	2	2	2	2	2	6	2	2	2	2	3	
9.30am	6	6	2	3	2	3	2	2	3	2	3	2	3	2	2	3	2	3	2	3	2	2	3	2	6	2	3	2	2	3	
10.00am	6	6	2	3	2	3	2	2	3	2	3	2	3	2	2	3	2	3	2	3	2	2	3	2	6	2	3	2	2	3	
10.30am	6	6	3	3	3	3	2	2	3	3	3	3	3	2	2	3	3	3	3	3	2	2	3	3	6	3	3	2	2	3	
11.00am	6	6	3	3	3	3	2	2	3	3	3	3	3	2	2	3	3	3	3	3	2	2	3	3	6	3	3	2	2	3	
11.30am	6	6	5	6	4	6	2	2	5	5	6	4	6	2	2	5	5	6	4	6	2	2	5	5	6	4	6	2	2	5	
12.00pm	6	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	2	2	6	
12.30pm	6	6	6	6	6	6	3	2	6	6	6	6	6	3	2	6	6	6	6	6	3	2	6	6	6	6	6	3	2	6	
1.00pm	6	6	6	6	6	6	2	2	6	6	6	6	6	2	5	6	6	6	6	6	2	5	6	6	6	6	6	2	5	6	
1.30pm	6	6	6	6	6	6	2	2	6	6	6	6	6	2	2	6	6	6	6	6	2	5	6	6	6	6	6	2	5	6	
2.00pm	6	6	6	6	6	6	2	2	6	6	6	6	6	2	2	6	6	6	6	6	2	3	6	6	6	6	6	2	3	6	
2.30pm	6	6	6	6	6	6	2	2	6	6	6	6	6	2	2	6	6	6	6	6	2	3	6	6	6	6	6	2	3	6	
3.00pm	6	6	5	5	5	5	2	2	5	5	5	5	5	4	2	5	5	5	5	5	3	3	5	5	6	5	5	4	3	5	
3.30pm	6	6	2	2	2	2	2	2	2	2	2	2	2	4	2	2	2	2	2	2	3	3	2	2	6	2	2	4	3	2	
4.00pm	6	6	2	2	2	2	2	2	2	2	2	2	2	4	2	2	2	2	2	2	3	3	2	2	6	2	2	4	3	2	
4.30pm	6	6	2	2	2	2	4	5	2	2	2	2	2	4	2	2	2	2	2	2	3	3	2	2	6	2	2	4	3	2	
5.00pm	6	6	2	2	2	2	5	5	2	2	2	2	2	5	4	2	2	2	2	2	5	5	2	2	5	2	2	5	5	2	
5.30pm	6	6	2	2	2	2	5	6	2	2	2	2	2	5	6	2	2	2	2	2	5	6	2	2	6	2	2	5	6	2	
6.00pm			2	2	2	3	6		2	2	2	2	3	6		2	2	2	2	2	6		2	2		2	3	6		2	
6.30pm			2	2	2	6	6		2	2	2	2	6	6		2	2	2	2	6	6		2	2		2	6	6		2	
7.00pm			2	2	2	6			2	2	2	2	6			2	2	2	2	6			2	2		2	6			2	
7.30pm			6	6	6	6			6	6	6	6	6			6	6	6	6	6			6	6		6	6			6	

* 2 indicates peak periods during Swim School time (2 x 1.5m or 1 x 3m lane only) * 0 indicates centre event – no lanes available.

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

Last updated: 28/3/18 at 11:00am

MOSMAN SWIM CENTRE

90 Vista Street, Mosman NSW 2088 | PO Box 500, Manly NSW 1655

General Enquiries: 02 9969 3888 | Ezyswim Enquiries: 1300 11 7946

mosmanswimcentre.com.au



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

Mosman Swim Centre thanks its loyal sponsors for their support of the Ezyswim Swimming Club



BLUEYS RETREAT

WHEN IT'S TIME TO ESCAPE



squareone

PERFORMANCE PHYSIO & PILATES

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