



February 2018

THE SPLASH

EZYSWIM PROGRAM WEEKLY SKILLS

These skills are incorporated into each session.

1/2/18-4/2/18

Tadpole/Frog/WSC: Survival Swim
Seahorse and above: Catch, Push & Pull
Marlins & Shark: Carnival Preparation

5/2/18-11/2/18

Pre-School & School Age: Fitness Builder
Marlins: Butterfly
Shark: Freestyle & Butterfly

12/2/18-18/2/18

Tadpole/Frog/WSC/Penguin: Diving
Seahorse/Platypus: Starts & Finishes
Seal/Dolphin: Starts, Turns & Finishes
Marlins: Backstroke & Stroke count & Finishes
Shark: Freestyle & Turns

19/2/18-25/2/18

Tadpole/Frog/WSC/Penguin:
Underwater Dolphin Kick
Seahorse and above: Kicking
Marlins & Shark: Clothed Swim/Safety Week

26/2/18-28/2/18

Tadpole/Frog/WSC/Penguin:
Mushroom Floats
Seahorse and above: "Don't just pack it, wear you're jacket!"
Marlins & Shark: Backstroke & Backstroke turns

RACE NIGHT

Our next Race Night for 2018 will be **Friday 2nd February** starting at 5.30pm. February registrations are now closed.

The following event is Friday 2nd March. To participate, pre-registration is compulsory. Forms will be published on our website at the end of February, www.mosmanswimcentre.com.au and will also be available at reception. Registration forms must be returned to reception by 5pm, Wednesday 28th February. Race night is free for all Ezyswim customers in Platypus Level and above.

SWIMMING TEACHER TIMETABLE

Many of our instructors attend College or University. We anticipate that these changes will affect the teacher timetable when University commences in late February. As always we try our best to minimise the disruption by utilising set lesson plans, conducting professional handovers where possible and, as a team, highly value consistency. We thank you for your patience during this time.

SWIMMERS OF THE MONTH

Congratulations to our Swim Stars for the month of February:

Pre-school Age: Heidi and Eliza Muhle

For working very hard during their Holiday *Express* Program class to achieve all skills to progress to the Frog level. Well done girls!

School Age: Sophie Olah

Sophie was very attentive during her lessons in our Holiday *Express* Program. She demonstrated great listening skills and focus in every session to ensure she was improving her swimming throughout the week. Well done Sophie!

Squad: Jack Ward

For his dedication to swimming during the summer school holidays. Jack is constantly asking for feedback to ensure that he continues to improve in all areas of swimming. Well done Jack!

RESULTS FROM OUR CUSTOMER SATISFACTION SURVEY

We would like to thank customers for completing our Customer Satisfaction Surveys for 2016/17. We are pleased to announce that Aquatic Leisure Management has donated \$250.00 to The Royal Institute for Deaf and Blind Children (RIDBC) with the assistance of our customers.

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.

AQUACISE AND ADULT TIMETABLE

A friendly reminder that these timetables have now returned to the normal schedule. Current timetables can be found overleaf.

TIPS TO PREPARE YOUR CHILDS SWIMMING CARNIVAL

With school swimming carnivals fast approaching, here are a few tips to try and help your children achieve their best results:

- Race Night: A great way for your child to practice for their own carnival.
- Join a second lesson: This will allow your child to get stroke ready for the big day! Don't forget second lessons attract a 30% discount.
- Complimentary swim: All students enrolled in our Ezyswim program have free entry to our centre every Sunday between 2-4pm. This is a great time to come to the centre and practice.

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		
9:30am		Health & Fit		Health & Fit			
12:00pm							Aqua Combo
6.30pm	Aqua Deep	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 (February – November excluding public holidays).

EZYSWIM RACE NIGHTS – On the 1st Friday of the month between 5.30-6.45pm between February – December (excluding School Holidays). Next date is 2/2/18.

LANE AVAILABILITY FEBRUARY 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
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	5	2	2	2	2	2	2	6	2	2	2	2	2	6	2	2	2	2	2	2	6	2	2	2	
7.30am	2	2	2	5	2	2	2	2	2	2	6	2	2	2	2	2	6	2	2	2	2	2	2	6	2	2	2	
8.00am	3	3	2	2	3	3	3	3	3	2	2	3	3	3	3	2	2	3	3	3	3	3	3	2	2	3	3	3
8.30am	3	3	2	2	3	3	3	3	3	2	2	3	3	3	3	2	2	3	3	3	3	3	3	2	2	3	3	3
9.00am	3	3	2	2	3	3	3	3	3	2	2	3	3	3	3	2	2	3	3	3	3	3	3	2	2	3	3	3
9.30am	2	3	2	2	3	2	3	2	3	2	2	3	2	3	2	3	2	2	3	2	3	2	3	2	2	3	2	3
10.00am	2	3	2	2	3	2	3	2	3	2	2	3	2	3	2	3	2	2	3	2	3	2	3	2	2	3	2	3
10.30am	3	2	2	2	3	3	3	3	3	2	2	3	3	3	3	2	2	3	3	3	3	3	3	2	2	3	3	3
11.00am	3	2	2	2	3	3	3	3	3	2	2	3	3	3	3	2	2	3	3	3	3	3	3	2	2	3	3	3
11.30am	4	3	2	2	5	5	6	4	6	2	2	5	5	6	4	6	2	2	5	5	6	4	6	2	2	5	5	6
12.00pm	6	3	2	2	6	6	6	6	6	2	2	6	6	6	6	2	2	6	6	6	6	6	6	2	2	6	6	6
12.30pm	6	3	3	2	6	6	6	6	6	3	2	6	6	6	6	3	2	6	6	6	6	6	6	3	2	6	6	6
1.00pm	6	6	2	5	6	6	6	6	6	2	5	6	6	6	6	2	2	6	6	6	6	6	6	2	5	6	6	6
1.30pm	6	6	2	5	6	6	6	6	6	2	5	6	6	6	6	2	2	6	6	6	6	6	6	2	5	6	6	6
2.00pm	6	6	2	5	6	6	6	6	6	2	5	6	6	6	6	2	2	6	6	6	6	6	6	2	2	6	6	6
2.30pm	6	6	2	5	6	6	6	6	6	2	5	6	6	6	6	2	2	6	6	6	6	6	6	2	2	6	6	6
3.00pm	5	5	4	5	5	5	5	5	5	4	5	5	5	5	5	4	2	5	5	5	5	5	5	4	2	5	5	5
3.30pm	2	2	4	5	2	2	2	2	2	4	5	2	2	2	2	4	2	2	2	2	2	2	2	4	2	2	2	2
4.00pm	2	2	4	5	2	2	2	2	2	4	5	2	2	2	2	4	2	2	2	2	2	2	2	4	2	2	2	2
4.30pm	2	2	4	5	2	2	2	2	2	4	5	2	2	2	2	4	2	2	2	2	2	2	2	4	2	2	2	2
5.00pm	2	2	5	6	2	2	2	2	2	5	6	2	2	2	2	5	4	2	2	2	2	2	2	5	6	2	2	2
5.30pm	2	0	5	6	2	2	2	2	2	5	6	2	2	2	2	6	6	2	2	2	2	2	2	5	6	2	2	2
6.00pm	2	0	6		2	2	2	2	3	6		2	2	2	2	3	6		2	2	2	2	2	6		2	2	2
6.30pm	2	0	6		2	2	2	2	6	6		2	2	2	2	6	6		2	2	2	2	6	6		2	2	2
7.00pm	2	6			2	2	2	2	6			2	2	2	2	6			2	2	2	2	6			2	2	2
7.30pm	6	6			6	5	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: 28/1/18 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



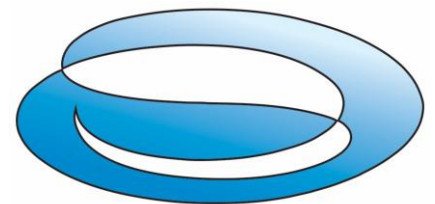
Mosman Swim Centre is a community facility operated by Aquatic Leisure Management on behalf of the Mosman Council.

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



BLUEYS RETREAT

WHEN IT'S TIME TO ESCAPE



NS Health AUSTRALIA



squareone

PERFORMANCE PHYSIO & PILATES

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