



HOLIDAY EXPRESS PROGRAM

With the school holidays just around the corner, we will be conducting our Holiday Express Program in July. The Holiday Express Program is a great way for children to quickly develop their swimming skills. It is also a fun activity to keep them busy during the school holidays. Bookings are now open!

Dates:

Monday 9th - Friday 13th July
Monday 16th - Friday 20th July

PROMOTION: 50% OFF YOUR SECOND LESSON

If you take up a second 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!

Take advantage of this off-peak offer and hurry before spaces fill! Promotion must be booked instore or via our Support Office on 1300 11 7946. Terms and conditions apply.

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.

RACE NIGHT

Please note, due to School Holidays, there will be no Race Night in July. Our next Race Night will be Friday 3rd August. Please check your emails and watch our Facebook page regularly for when bookings open:
<https://www.facebook.com/MosmanSwimCentre/>

SWIMMERS OF THE MONTH

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

Pre-school Age: Grace Somerset-Wood

Grace has worked extremely hard to overcome her fear of swimming independently. Grace always comes to her swimming lessons smiling which brightens up everyone's day. Well done Grace!

School Age: Anton Vasilev

Anton is very attentive in all swimming lessons. He is always listening to the instructor, applying corrections and proactively asking questions to assist in improving his swimming. Well done Anton!

Squad: Max Murray

For consistently pushing himself, taking on and applying feedback and great attendance at Race Nights. Max's positive attitude and commitment to squads has assisted him in progressing to Senior Target. Well done Max!

EZYSWIM PROGRAM WEEKLY SKILLS

These skills are incorporated into each session.

01/07/18 – 08/07/18

Tadpole/Frog/WSC/Penguin: Diving
Seahorse/Platypus: Starts & Finishes
Seal/Dolphin: Starts, turns and finishes
Marlin: Backstroke and turns
Shark: Butterfly

09/07/18 – 15/07/18

Tadpole/Frog/WSC/Penguin:
Underwater Dolphin Kick
Seahorse/Platypus/Seal/Dolphin:
Kicking
Marlin/Shark: Dives & Turns

16/07/18 – 22/07/18

Tadpole/Frog/WSC/Penguin:
Mushroom Floats
Seahorse/Platypus/Seal/Dolphin:
"Don't just pack it, wear your jacket"
Marlin/Shark: Review & Races

23/07/18 – 29/07/18

Preschool & School Age: Clothed Swim/Safety Week
Marlin: Freestyle & Dives
Shark: Freestyle & Backstroke

30/07/18 – 05/08/18

Pre-School Age: **Assessment Week**
WSC/Seahorse/Platypus: Back & Front Sculling
Seal/Dolphin: Breaststroke Arms
Marlin: Butterfly
Shark: Freestyle & Butterfly

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.

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 15/07/18.

EZYSWIM RACE NIGHTS – On the 1st Friday of the month between 6.00-7.30pm between Feb – Dec (excluding School Holidays). Next date is 03/08/18.

LANE AVAILABILITY JULY 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	31
5.00am		2	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	2
6.00am		2	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	2
7.00am	3	2	2	2	2	2	2	3	2	2	2	2	2	2	3	2	2	2	2	2	2	2	3	2	2	2	2	2	3	2	2
7.30am	3	2	2	2	2	2	2	3	2	2	2	2	2	2	3	2	2	2	2	2	2	2	3	2	2	2	2	2	3	2	2
8.00am	2	3	3	3	3	3	2	2	3	3	3	3	3	2	2	3	3	3	3	3	2	2	3	3	3	3	3	2	2	3	3
8.30am	2	3	3	3	3	3	2	2	3	3	3	3	3	2	2	3	3	3	3	3	2	2	3	3	3	3	3	2	2	3	3
9.00am	2	3	3	3	3	3	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	3	3	3	3	3	2	2	3	3
9.30am	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	2	3	2	2	3	2
10.00am	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	2	3	2	2	3	2
10.30am	2	3	3	3	3	3	2	2	3	3	3	3	3	2	2	3	3	3	3	3	2	2	3	3	3	3	3	2	2	3	3
11.00am	2	3	3	3	3	3	2	2	3	3	3	3	3	2	2	3	3	3	3	3	2	2	3	3	3	3	3	2	2	3	3
11.30am	2	5	5	5	5	6	2	2	5	5	5	5	6	2	2	5	5	5	5	6	2	2	5	5	5	5	6	2	2	5	5
12.00pm	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	2	2	6	6
12.30pm	2	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	6
1.00pm	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	2	5	6	6	
1.30pm	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	2	5	6	6	
2.00pm	5	6	6	6	6	6	2	5	6	6	6	6	6	2	4	6	6	6	6	6	2	5	6	6	6	6	6	2	2	6	6
2.30pm	5	6	6	6	6	6	2	5	6	6	6	6	6	2	2	6	6	6	6	6	2	5	6	6	6	6	6	2	2	6	6
3.00pm	5	5	5	5	6	5	4	5	5	5	5	6	5	4	2	5	5	5	6	5	4	5	5	5	5	6	5	2	2	5	5
3.30pm	5	2	2	2	2	2	4	5	2	2	2	2	2	4	2	2	2	2	2	2	4	5	2	2	2	2	2	2	2	2	2
4.00pm	5	2	2	2	2	2	4	5	2	2	2	2	2	4	2	2	2	2	2	2	4	5	2	2	2	2	2	2	2	2	2
4.30pm	5	2	2	2	2	2	4	5	2	2	2	2	2	4	2	2	2	2	2	2	4	5	2	2	2	2	2	2	2	2	2
5.00pm	5	2	2	2	2	2	5	5	2	2	2	2	2	5	2	2	2	2	2	2	5	5	2	2	2	2	2	2	2	2	2
5.30pm	6	2	2	2	2	2	6	6	2	2	2	2	2	6	5	2	2	2	2	2	6	6	2	2	2	2	2	6	6	2	2
6.00pm		2	2	2	2	3	6		2	2	2	2	3	6		2	2	2	2	3	6		2	2	2	2	3	6		2	2
6.30pm		2	2	2	2	6	6		2	2	2	2	6	6		2	2	2	2	6	6		2	2	2	2	6	6		2	2
7.00pm		2	2	2	2	6			2	2	2	2	6			2	2	2	2	6			2	2	2	2	6			2	2
7.30pm		6	6	6	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: 28/6/18 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



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PERFORMANCE PHYSIO & PILATES

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