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IMPORTANT DATES

- AUSTSWIM Teacher of Infants and Preschool course at the centre, Sunday 3rd June.
- Queen's Birthday, Public Holiday Monday 11th June. No lessons or programs will be held on this day. The Centre will be open from 8am-6pm.
- Our next Giant Pool Inflatable will be available on Sunday 17th June between 2pm-5pm.

WINTER SWIMMING TIPS

Although our heated pool and Centre remains constant at ~28 degrees year round, here are some additional tips to stay warm over winter:

- Wear a silicone cap
- Arrive at the Swim Centre dressed for the outside weather
- Have a hot shower after your swim
- Ensure you are fully dried and dressed before leaving.

CLUB NEWS

Our Club swimmers raced at the SMNE Winter Champs at end of May and did a fantastic job! Our 15 swimmers achieved 34 PBs altogether, one Bronze Medal and some Metro and State Qualifying times. Great effort, team!

ACTIVE KIDS REBATE

A reminder to all customers that you are able to redeem your Active Kids Rebate voucher here at the Mosman Swim Centre.

Once you have your voucher, please send it to activekids@ezyswim.com.au, along with the Venue you attend and DOB of the child you are claiming the voucher for.

If you have any questions, please do not hesitate to contact us on 1300 11 7946.

SWIMMERS OF THE MONTH

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

School Age: Mae Elliott

Mae has been working really hard on gaining confidence to be able to swim independently. She has now achieved this and is working on achieving her roll and float. Well done Mae!

School Age: Peter Phillipou

Peter has been very attentive in all classes and shown great determination and motivation in wanting to achieve all skills in Seahorse. Well done Peter!

Squad: Oliver Wilcox

For consistent effort and improvement in all strokes. Well done Oliver!

HOLIDAY EXPRESS PROGRAM

With the school holidays just around the corner, we will be conducting our Holiday Express Program in July again. 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 will open in the coming weeks. Please check your emails and our Facebook page frequently for updates.

Dates:

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

2ND SWIMMING 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!

Take advantage of this off-peak offer and hurry before spaces fill!

Promotion must be booked instore or via the Support Office on 1300 11 7946. Terms and conditions apply.

EZYSWIM PROGRAM WEEKLY SKILLS

These skills are incorporated into each session.

01/06/18 - 03/06/18

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

Marlin/Shark: **Assessment Week**

04/06/18 - 10/06/18

Preschool Age: Treading water with a board

School Age: **Assessment Week**

Marlin/Shark: Endurance and Distance Swimming

12/06/18 - 17/06/18

Preschool Age: Fun Week

School Age: Revision

Marlin & Shark: Underwater work

18/06/18 - 24/06/18

Tadpole/Frog/WSC: Survival Swim

Seahorse/Platypus/Seal/Dolphin:

Catch, Push & Pull

Marlin: Freestyle and Turns

Shark: Dives and I.M.

25/06/18 - 30/06/18

Preschool and School Age: Fitness Builder

Marlin: Butterfly

Shark: I.M.

LAP SWIMMING ETIQUETTE

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

Leisure 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 17/06/18.

EZYSWIM RACE NIGHTS – On the 1st Friday of the month between 6.00-7.30pm between Feb – Dec (excluding School Holidays). Next date is 01/06/18.

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

* 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: 28/5/18 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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