



UPCOMING EVENTS

- Race Night will be Friday 4th May starting at 6.00pm. May registrations close Wednesday 2nd May.
- Austswim Teacher of Swimming and Water Safety Course will be held on Saturday 5th and Sunday 6th May.
- Our Pool Inflatable will be available on Sunday 20th May between 2pm-5pm.

WHY STRETCHING IS IMPORTANT

As swimming uses almost your entire body it is important to stretch before and after your swim to prevent injury. When stretching, make sure you perform stretches that will cycle through all parts of your body.

Please check out our stretching chart located in the grandstand area for stretching ideas and explanations. Happy stretching!

SUPERVISION OF CHILDREN IN FREE PLAY

A friendly reminder, in accordance with our involvement through Royal Life's Keep Watch Program, parents and guardians must actively supervise children under 10 years of age, while they are in the free play area. While at the Centre, please put the safety of your child first and keep an eye on them at all times.

EZYSWIM CLUB NEWS

Our club participated in the Swimwest Carnival on Sunday 15th April at Sydney Olympic Park. We achieved some great results, including personal bests and obtained a number of medals. Well done to all!

NSW PSSA Championship: In April our S8 swimmer Izzy Weir took home bronze medals and a place on the NSW PSSA team heading to Nationals. Holly Warn, our young S7 swimmer was runner up for Multi Class swimmer of the meet and beat her own 50m backstroke State Record. Well done Izzy and Holly!

SWIMMERS OF THE MONTH

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

Preschool Age: Eric Livingstone-Foggo (Frog)

Eric has been working really hard on his roll and float in Tadpole level and has recently progressed to Frog.

School Age: George Elgar (Dolphin)

George has demonstrated great technique in breaststroke and has also been working hard each week to improve his stamina in freestyle.

Squad: Hugo Watson (Junior Target)

Hugo has demonstrated consistent efforts in every squad session.

NEW VENUE

We are pleased to announce that we have added to our Mosman and Bankstown venues, opening a new swim school in Lindfield within Cromehurst School.

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.

VISIT PASSES, MONTHLY AND ANNUAL MEMBERSHIPS

Are you looking for a membership that will help you commit to your swimming goals? At Mosman Swim Centre, we offer a range of Visit Passes and Membership types to suit a variety of lifestyles.

Create your membership online today at www.mosmanswimcentre.com.au.

EZYSWIM PROGRAM WEEKLY SKILLS

These skills are incorporated into each session.

01/05/18 - 06/05/18

Tadpole/Frog/WSC/Penguin:
Underwater Dolphin Kick
Seahorse/Platypus/Seal/Dolphin:
Kicking
Marlin: Breaststroke and Breaststroke finishes and turns
Shark: Backstroke and Backstroke turns

07/05/18 - 13/05/18

Tadpole/Frog/WSC/Penguin:
Mushroom Float
Seahorse/Platypus/Seal/Dolphin:
"Don't just pack it, wear your jacket"
Marlin: Freestyle and Freestyle turns
Shark: Breaststroke and Breaststroke Pull Out

14/05/18 - 20/05/18

Preschool & School Age:
Clothed Swim/Safety Week
Marlin: Butterfly and Butterfly finishes
Shark: Medley and Dives

21/05/18 - 27/05/18

Preschool Age: **Assessment Week**
WSC/Seahorse/Platypus: Back and Front Sculling
Seal/Dolphin: Breaststroke Arms
Marlin/Shark: Clothed Swim/ Safety Week

28/05/18 - 31/05/18

Preschool and School Age: "Think so you don't sink"
Marlin/Shark: **Assessment Week**

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 20/05/18.

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 MAY 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.

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

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.