

MEMBERSHIPS

A range of memberships are available with family, senior, full time student and pensioner discounts.

OFF-PEAK

Swim Monday – Friday between 12 noon – 3.00pm and after 12 noon on weekends or pay \$2.60 to enter at peak times. From \$1.64 per day.

Monthly by direct debit		Annual (get 2 months FREE!)
Adult	\$74.70	\$747.00
Child/Senior/Pensioner/ Full Time Student	\$59.80	\$598.00

LEISURE

All Aquacise & Health & Fit Squads for only \$5.90 per class extra. From \$2.05 per day.

Monthly by direct debit		Annual (get 2 months FREE!)
Adult	\$93.30	\$933.00
Child/Senior/Pensioner/ Full Time Student	\$74.70	\$747.00
Family (up to 4)	\$173.80	\$1,738.00
Additional family member	\$34.70	\$347.00

LIFESTYLE

Unlimited entry, Surf and Tri, Aquacise classes and Health & Fit Squads. From \$2.43 per day.

Monthly by direct debit		Annual (get 2 months FREE!)
Adult	\$110.80	\$1,108.00
Child/Senior/Pensioner/ Full Time Student	\$88.70	\$887.00

ADMINISTRATION FEES

Returned payment fee – \$11.00 per payment
Replacement card fee – \$11.00

FITNESS FIRST MEMBERS MOSMAN

20% discount on entry during off-peak times – Monday to Friday before 9.00am and after 6.00pm, Saturday & Sunday after 12 noon. Please enquire at reception for more information. Conditions apply.

EZYSWIM PROGRAM FAMILY REWARDS

20% discount on any membership for any direct family member of an Ezyswim program member.

Memberships are not transferable. Terms and conditions apply. All monthly memberships are payable by direct debit only. Membership administration, including terms and conditions, change of details, leave requests and departure requests are available at www.mosmanswimcentre.com.au

OTHER SERVICES INCLUDE

- ▶ Swim Merchandise
- ▶ Learn-to-Swim
- ▶ Personal Sessions
- ▶ Squad Training
- ▶ Children's Birthday Parties
- ▶ Ezyswim Swimming Club
- ▶ Memberships & Regular User Discounts
- ▶ Lockers, Equipment & Workout Hire
- ▶ Disabled Access & Equipment



OPERATING HOURS

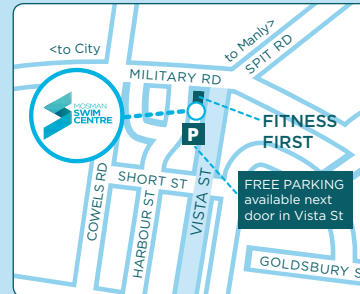
Monday to Friday
5.00am – 8.00pm

Saturday
7.00am – 7.00pm

Sunday
7.00am – 6.00pm

Public Holidays
8.00am – 6.00pm

**Closed Christmas Day
& Good Friday**



MOSMAN SWIM CENTRE

90 Vista Street, Mosman (next to Fitness First)
Ph: 02 9969 3888
info@mosmanswimcentre.com.au
www.mosmanswimcentre.com.au

Your Mosman Swim Centre Contact is:

For more information about our Ezyswim programs please refer to our Swim Program brochure.



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



INFORMATION & MEMBERSHIPS

www.mosmanswimcentre.com.au

INFORMATION

MOSMAN SWIM CENTRE

The Mosman Swim Centre is a year round community facility. The Centre features a 6 lane 25m indoor heated pool with a water feature/recreation area, as well as full disabled access via a ramp and submergible wheelchair.

POOL DETAILS

Depth: 1.2m to 1.6m

Temperature: -28 degrees Celsius

Disinfection: UV and chlorine

Number of Lanes: 6

Width: 12m plus an extra 3m for access ramp & seat

Entry & Exit points: Ramp entry as well as stair and ladder entry/exit

CASUAL PRICES (AS AT JULY 2017. ALL PRICES INCLUDE GST)

Please always check current lane availability on the monthly "The Splash" at www.mosmanswimcentre.com.au

CASUAL

Adult	9.00
Child (under 5 years)	Free
Child (5-17 years)	7.20
Full Time Student (with valid photo ID)	7.20
Pensioner/Senior (with Pension/Seniors Card).....	7.20
Disabled Caregiver.....	Free
Spectator.....	4.10
Family Swim (2 adults & 2 children or 1 adult & 3 children).....	22.80
Additional family member	4.60

20 VISIT PASS

Valid for 2 years from date of purchase + terms & conditions apply

Adult	144.00
Child/Pensioner/Senior/Full Time Student (with valid photo ID).....	115.20

10 VISIT PASS

Valid for 2 years from date of purchase + terms & conditions apply

Adult	81.00
Child/Pensioner/Senior/Full Time Student (with valid photo ID).....	64.80

Passes are not transferable and are valid for one person only

EXTRAS

Towel hire (includes \$3.00 refundable deposit)	6.70
Locker hire (with refundable \$2.00 coin).....	Free
Hot Shower (purchase a token from reception).....	0.50
Equipment & workout hire (includes \$3.00 refundable deposit)...	6.70

PHONE: 02 9969 3888

EMAIL: INFO@MOSMANSWIMCENTRE.COM.AU

SQUADS

Our great swim squads are suitable for a variety of ages and fitness levels. Health & Fit Squads are ideal as a daily lifestyle routine with the benefits of non-impact exercise and cardiovascular improvement. Why not join in our Health & Fit Squad to improve your overall fitness and technique in the pool.

HEALTH & FIT SQUAD - EARLY MORNING

The early morning Health & Fit Squad is designed for swimmers 16 years and above. The aim of the Health and Fit squad is to be able to build on your fitness whilst maintaining good technique and applying it with some fast time cycle training. Swimmers are required to hold 10 x 100 Freestyle on the (1.45) time cycle.

HEALTH & FIT SQUAD - LATE MORNING, WEEKEND & EVENING

This Health & Fit Squad is designed for swimmers 16 years and above. This squad has a slightly more relaxed approach than the early Health & Fit Squad. The aim of this squad is to build on fitness levels whilst maintaining good technique and applying it with some time cycle Training. Swimmers are required to hold 10 x 100 Freestyle on the (2.30) time cycle.

TEEN HEALTH & FIT SQUAD

The Teen Health & Fit Squad is designed for swimmers 13 years and above. These squads cater only for older Target and Senior Target swimmers who may be after a more relaxed, non-competitive approach to their swimming. Swimmers should be able to hold 10 x 100 Freestyle on the (2.30) time cycle.

SURF & TRI SQUAD

Surf & Tri Squad is designed for swimmers 16 years and above who would like to build their already solid foundation of fitness whilst maintaining good technique and applying it with serious speed and time cycle training. This Squad works best for swimmers who want to pursue a high level of fitness. Swimmers are required to hold 10 x 100 Freestyle on the (1.45) time cycle but may also find themselves holding time cycles of 100's on the (1.15) time cycle.

HEALTH & FIT, SURF & TRI AND AQUACISE PRICES (AS AT JULY 2017. ALL PRICES INCLUDE GST)

AQUACISE CLASSES/HEALTH & FIT SQUAD/ SURF & TRI SQUAD Includes centre entry

Casual Adult	18.30
Casual Pensioner/Senior/Full Time Student (with valid photo ID).....	14.70

10-PASS (Includes Centre entry. Valid for one person, for 2 years from date of purchase)

Adult	146.40
Pensioner/Senior/Full time Student (with valid photo ID).....	117.60

Passes are not transferable

Terms & conditions apply

Participation in Aquacise, Surf & Tri and Health & Fit is subject to a pre-exercise questionnaire. Pregnant women must obtain medical clearance from their doctor. Class bookings are not taken and classes are capped for health and safety reasons at various times. Participants are advised to arrive early to avoid disappointment.

AQUACISE

Aquacise is an excellent choice of exercise for fun & fitness! It is adaptable for all personal conditions, illnesses, injuries, post surgeries, pre and post natal. We offer a number of classes that are a proven way to increase your metabolism, build muscle tone and strength, improve balance and flexibility and relieve tension. Aquacise is a non-impact exercise. All classes are 45 minutes duration.

AQUACISE CLASS DESCRIPTIONS

AQUA SHALLOW

An aqua class combining resistance exercise and enjoyable music that will have you dancing in the pool. Suitable for all fitness levels, this class has a cardio and body toning focus.

AQUA DEEP

An excellent cardio workout in a non impact environment. This class combines body toning and strengthening work using basic equipment and simple yet effective movements. Suitable for all fitness levels with buoyancy belts provided.

AQUA COMBO

A combination class, half in the deep water, half in the shallow. Focusing on core stability, fitness, strength and fun! Suitable for all fitness levels.

For the latest class times, timetables and monthly "The Splash" please visit www.mosmanswimcentre.com.au

To minimise the risk of injury there is no admittance to classes 10 minutes after the scheduled start time.

FAMILY FUN

GIANT POOL INFLATABLE

Join the fun at Mosman Swim Centre with our 'Treasure Island' pool inflatable. Available year round. Check "The Splash" on our website for dates. Cost: free use after pool entry fees. Suitable for children under 12 who can swim 25+ metres.

BIRTHDAY PARTIES

Celebrate your child's birthday at the Mosman Swim Centre. A Mosman Swim Centre Party Instructor will organise 2 hours of fun activities and games in our heated pool! Relax and enjoy whilst we take care of the fun. Giant pool inflatable available for Birthday Party hire - for enquiries or bookings please call **1300 11 7946** or visit our website.



Ezyswim proudly supports

