



IMPORTANT DATES

Tues 1st Jan: OPEN 8am - 6pm
Sat 26th Jan: OPEN 8am - 6pm
Mon 28th Jan: OPEN 8am - 6pm
Tues 29th Jan: First day of regular programs for 2019.

ADULT PROGRAM TIMETABLES

Our summer timetables remain in operation during January. Copies are available on our website or reception.

GIANT POOL INFLATABLE

Looking for some holiday fun? Our Giant Pool Inflatable will be in operation on Wednesday 9th, 16th and 23rd of January from 2-5pm! The Giant Pool Inflatable is available for children 12 years and under who can swim 25 metres. Use of the inflatable is free after general centre entry.

KEEP WATCH POLICY

A friendly reminder that our Centre is an active participant in Royal Life Saving's Keep Watch program. In accordance with this program, please ensure that any child who is under 5 or a non-swimmer is kept within arm's reach of a parent or guardian at all times. Children who can swim and are under the age of 10 must be kept within constant supervision.

RACE NIGHT

Our first Race Night for 2019 will be Friday 1st February and is open to all swimmers in our Mini, Junior and Competitive Squad swimmers at 6pm.

Pre-registration is compulsory. Forms can be found on our website or at reception. Registration forms must be returned by 5pm, Wednesday 30th January. Please monitor your emails for registration release date.

HOLIDAY EXPRESS PROGRAM

The Holiday *Express* Program is a great way for children to quickly develop and improve their swimming skills. It is also a fun activity to do during the school holidays and a great way to prepare for school swimming carnivals!

Dates:

Monday 7th - Friday 11th
 Monday 14th - Friday 18th
 Monday 21st - Friday 25th

Group Classes: \$109.00
 Personal (1-1) Classes: \$208.50
 Personal (2-1) Classes: \$313.00

Spaces are filling fast so ensure you enrol soon to avoid disappointment! Call 1300 11 7946, or speak to our reception staff to enrol.

SWIMMING TEACHER TIMETABLE

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

SWIMMING CAPS

A friendly reminder that swimming caps are compulsory for all children in the Starfish level and above (even for boys). Discounted Ezyswim caps are available for our customers at reception.

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.

CHILDREN COMMENCING SCHOOL IN 2019

If your child is currently enrolled in our Preschool Age program, and is starting school in 2019, don't forget to move their swimming lesson to our School Age Program. Be sure to get in quick before spaces fill up!

STAFFING MILESTONES

We would like to thank the following staff members for their continued service to the Mosman Swim Centre and for reaching the following milestones;

Peter Henry - 10 years
 Michelle Rush - 10 years
 Rebecca Van Roosmalen - 10 years
 Emma Le Mottee - 5 years
 Mel Rahme - 5 years
 Rory O'Brien - 5 years

We would also like to welcome to our team; Daniel Jary (Aquatic Attendant), Elizabeth Brown (Swimming Instructor) and Celine Marshall (Swimming Instructor).

ADULT PROGRAM TIMETABLE – commencing 29.1.19. Please refer to our Summer Period Timetables between 24.12.18 - 28.1.19.

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						Aquacise	
8.15am	Aquacise	Aquacise	Aquacise	Aquacise	Aquacise		
9:30am		Health & Fit		Health & Fit			
12:00pm							Aquacise
6.30pm	Aquacise	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 on Wednesday January 9th, 16th and 23rd between 2-5pm.

EZYSWIM RACE NIGHTS – On selected Friday's between Feb – Dec (excluding School Holidays), commencing from 6.00pm.

Next Squad (Marlin & above) Race Night – Friday 01/02/19

Next Mini (platypus – Dolphin) Race Night – 08/02/19

LANE AVAILABILITY JANUARY 2019

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

* **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: 19/12/18

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 during the 2018-2019 season



Neutral Bay



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PERFORMANCE PHYSIO & PILATES

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