



### AQUACISE UPDATE

We are pleased to welcome Peter as a regular Aquacise Instructor. Peter comes from a background of dance and choreography as well as group exercise. Peter joined our regular class rotation in February and has settled-in well to our team.

### RACE NIGHT

Our next Race Night for 2019 will be on Friday 1st March at 6pm. Race night is open to all swimmers in our Mini, Junior and Competitive Squads. Pre-registration for this event is now closed however please feel free to come down and watch to see what it is all about!

The next race night after March will be held in in May and our next Mini Race Night will be in August.

### ACTIVE KIDS VOUCHERS

This government initiative is continuing in 2019 and we are approved to accept these \$100 vouchers. Should you wish to redeem this voucher against your swimming lessons, please email the voucher to [activekids@ezyswim.com.au](mailto:activekids@ezyswim.com.au) and once approved we will place this as a credit on your file to be put towards your monthly lessons.

### 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.

### SWIMMING TIP: SNORKEL USE

Whether you swim for fitness, are an amateur triathlete, or competitive swimmer, swimming part of your workouts with a snorkel can benefit your stroke technique and body position.

Swimming relies on coordination of your arm strokes, rotation of your core, efficient side breathing and a relaxed flutter kick. A swim-specific snorkel - such as the Speedo Front End Swimming Snorkel (available at reception) - allows you to focus on correct technique by removing the side-breathing.

It is important, to include swimming without the snorkel in your sessions as well to help you practice the side breathing element.

Snorkel swimming can be done in your warm-up or cool-down, or you can alternate high-intensity swim sets with relaxed snorkel swimming, focusing on technique.

### SWIMMERS OF THE MONTH

Congratulations to our Swim Stars for the month of March:

#### Pre-school Age: Sophie Veness

We have seen major improvement from Sophie after starting back in 2019. Sophie has since progressed two levels moving from a Tadpole to a Penguin. Well Done Sophie, keep up the great swimming. This was nominated by instructor Evan.

#### School Age: Alexander De Laet

Alexander has been working consistently hard on progressing his Breaststroke kick which has allowed him to progress to a Dolphin. This was nominated by instructor Chloe. Well Done Alexander, keep up the great work.

#### Squad: Sally Fainga'anuku

Sally has been nominated by Head Coach Gabi for Swimmer of the Month in March for her consistent attendance, taking her feedback on board and applying it to her swimming. As such, she has improved immensely over the last few months. Well Done Sally and keep up the great work.

### AUSTSWIM COURSES

We will be holding a number of AUSTSWIM courses this month at Mosman Swim Centre. If you are interested in becoming a swim teacher, the 2-day course is running on March 23<sup>rd</sup> and 24<sup>th</sup>. We are also hosting extension courses for teaching Infants (3<sup>rd</sup> March) and Adults (10<sup>th</sup> March).

Many of our instructors will be looking to extend their qualifications and knowledge to assist our customers during this time. Should you be interested in becoming a teacher, please speak to one of our friendly staff who can assist you.

### EZYSWIM PROGRAM WEEKLY SKILLS

These skills are incorporated into each session.

25/2/19-3/3/19

Infant: **Assessment Week**

Beginner: Flutter Kick Focus

Advanced: Kicking Advancement

Mini Squad: Endurance/Distance swim

4/3/19-10/3/19

Infant: Pool Safety Week

Beginner: Clothed Swim

Advanced: Clothed Swim

Mini Squad: Clothed Swim

11/3/19-17/3/19

Infant: CPR

Preschool: **Assessment Week**

School Age: Treading Water

Mini Squad: Underwater work and dives

18/3/19-24/3/19

Infants: Breath control week

Beginner: Reach Rescues

Advanced: Reach and Throw Rescues

Mini Squad: **Assessment Week**

25/3/19-31/3/19

Infant: Fall Simulation Week

Preschool: Treading water with a board

School Aged: **Assessment Week**

Marlin: Butterfly and Dives

Sharks: Freestyle including turns

## 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](http://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 between 2-5pm on the third Sunday of the month (February – November excluding public holidays).

Next pool inflatable is Sunday 17/03/19.

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

Next Squad (Marlin & above) Race Night – Friday 01/03/19

Next Mini (Platypus – Dolphin) Race Night – Friday 09/08/19

## LANE AVAILABILITY - MARCH 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	2	2	3	2	3	2	2	2	2	3	2	3	2	2	2	2	3	2	3	2	2	2	2	3	2	2	2	2	
7.30am	2	2	2	2	2	3	2	3	2	2	2	2	3	2	3	2	2	2	2	3	2	3	2	2	2	2	3	2	2	2	2	
8.00am	3	2	2	3	3	3	3	3	2	2	3	3	3	3	3	2	2	3	3	3	3	3	3	2	2	3	3	3	3	3	2	2
8.30am	3	2	2	3	3	3	3	3	2	2	3	3	3	3	3	2	2	3	3	3	3	3	3	2	2	3	3	3	3	3	2	2
9.00am	3	2	2	3	3	3	3	3	2	2	3	3	3	3	3	2	2	3	3	3	3	3	3	2	2	3	3	3	3	3	2	2
9.30am	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	2	2	2	
10.00am	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	2	2	2	
10.30am	3	2	2	3	3	3	3	3	2	2	3	3	3	3	3	2	2	3	3	3	3	3	3	2	2	3	3	3	3	3	2	2
11.00am	3	2	2	3	3	3	3	3	2	2	3	3	3	3	3	2	2	3	3	3	3	3	3	2	2	3	3	3	3	3	2	2
11.30am	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	5	5	5	2	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	6	2	2	6	6	6	6	6	2	2
12.30pm	6	2	2	6	6	6	6	6	2	2	6	6	6	6	6	2	2	6	6	6	6	6	6	2	2	6	6	6	6	6	2	2
1.00pm	6	2	5	6	6	6	6	6	2	5	6	6	6	6	6	2	5	6	6	6	6	6	6	2	5	6	6	6	6	6	2	5
1.30pm	6	2	2	6	6	6	6	6	2	2	6	6	6	6	6	2	2	6	6	6	6	6	6	2	2	6	6	6	6	6	2	5
2.00pm	6	2	2	6	6	6	6	6	2	2	6	6	6	6	6	2	2	6	6	6	6	6	6	2	2	6	6	6	6	6	2	5
2.30pm	6	2	2	6	6	6	6	6	2	2	6	6	6	6	6	2	2	6	6	6	6	6	6	2	2	6	6	6	6	6	2	5
3.00pm	6	4	2	5	5	5	5	6	4	2	5	5	5	5	6	4	2	5	5	5	5	6	2	2	5	5	5	5	5	4	5	
3.30pm	2	4	2	2	2	2	2	2	4	2	2	2	2	2	2	4	2	2	2	2	2	2	2	2	2	2	2	2	2	2	4	5
4.00pm	2	4	2	2	2	2	2	2	4	2	2	2	2	2	2	4	2	2	2	2	2	2	2	4	2	2	2	2	2	2	4	5
4.30pm	2	4	2	2	2	2	2	2	4	2	2	2	2	2	2	4	2	2	2	2	2	2	2	4	2	2	2	2	2	2	4	5
5.00pm	2	3	6	2	2	2	2	2	5	3	2	2	2	2	2	5	2	2	2	2	2	2	2	5	3	2	2	2	2	2	5	6
5.30pm	2	3	6	2	2	2	2	2	3	6	2	2	2	2	2	3	2	2	2	2	2	2	2	3	6	2	2	2	2	2	3	6
6.00pm	0	3		2	2	2	2	2	3		2	2	2	2	2	3		2	2	2	2	2	3		2	2	2	2	2	3		
6.30pm	0	2		2	2	2	2	2	6		2	2	2	2	2	6		2	2	2	2	2	6		2	2	2	2	2	6		
7.00pm	0			2	2	2	2	2			2	2	2	2				2	2	2	2	2			2	2	2	2	2			
7.30pm	0			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: 27/2/19

## 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](http://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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