

## TERMS AND CONDITIONS

Full terms and conditions can be found on our website, [www.mosmanswimcentre.com.au](http://www.mosmanswimcentre.com.au), under the 'Members' tab.

## KEY INFORMATION

- **Swimming Caps** - Caps are compulsory for swimmers aged over 2½ who participate in Learn-to-Swim and Squad sessions.
- **Departure** - An enrolment may be cancelled after the minimum subscription of one month by completing a departure request form via the Customer Portal. To be cancelled the following month, notice must be received by the 25th of the current month. Departure request forms received after the 25th day of the current month will not take effect until the month after.
- **Make-up sessions** - Customers are issued 8 make-up sessions per calendar year.
  - Make-up sessions must be administered by customers via the online Customer Portal.
  - Customers must notify absence online to receive a make-up.
  - Notification of absence can be completed a minimum of 1 hour prior to the start of the lesson time, and a maximum of 8 weeks prior to the date of the lesson.
  - Make-up sessions are only available to be booked a maximum of 8 weeks after the class date has passed. No extensions will be granted.
  - Make-up sessions can be booked up to 7 days in advance only.
  - Medical certificates are not required.
  - If you do not attend your scheduled lesson (and notify absence as outlined above) you forfeit your lesson entirely.
  - Make-up sessions cannot be rescheduled.
  - Extended medical absences (3+ weeks) will be reviewed by Management on a case-by-case basis.
  - All make-up sessions automatically reset annually on 1st January.
- **Public Holidays** - There are no classes conducted on Public Holidays. All monthly fees remain unchanged in the event of a Public Holiday, except where the class is a Learn-to-Swim class and there are less than 4 available swimming sessions in the calendar month. In this circumstance, a percentage discount is automatically applied.
- **Christmas and January Holiday Break** - During the break period, programs are discounted using the following calculations: Infant Aquatics, Learn-to-Swim and Mini Squad: Number of available lessons, divided by the total number of lessons in the month. Junior, Fitness and Competitive Squads: Number of available calendar days, divided by the total days in each month.

## PARENTS' GUIDE

Our Parents' Guide has everything you need to know about your lessons with us at Ezyswim, including level progression, how to use the Customer Portal, and other important information. This can be accessed either within your Customer Portal, or by clicking the link in your initial booking confirmation email.

## POLICIES

Our Conditions of Entry, Hygiene Policy, Keep Watch Policy, and Change Room Policy can all be found on our website, [www.mosmanswimcentre.com.au](http://www.mosmanswimcentre.com.au)

## PRICES SWIM PROGRAM FEES ARE PAYABLE BY AUTOMATIC PAYMENT

As at 1 July 2019. Fees are payable on the 5th business day of the month by Automatic Payment. Depending on the content level of personal aquatic survival skills, certain programs are GST free.

All prices include centre entry for the program participants and non-swimming parent or carer.

### FAMILY DISCOUNT

Families with 3 or more participants in the program receive a 30% discount for the 3rd or subsequent family member. Discount applied to the course with the lowest cost.

### REGULAR USER DISCOUNT

Receive a 30% discount for more than 1 session per week in our program. Applies to Infant Aquatics, Learn-to-Swim, Mini Squad and Personal Sessions. Discount applied to the course with the lowest cost.

### PROGRAM MEMBERSHIP

### AUTOMATIC PAYMENT MONTHLY FEE

|                                                                 |          |
|-----------------------------------------------------------------|----------|
| Infant Aquatics.....                                            | \$89.00  |
| Preschool.....                                                  | \$96.50  |
| School Age.....                                                 | \$96.50  |
| Mini Squad.....                                                 | \$96.50  |
| Junior Target.....(Max. 2 sessions per week).....               | \$102.00 |
| Target.....(Max. 3 sessions per week).....                      | \$113.00 |
| Senior Target.....(Max. 4 sessions per week).....               | \$129.00 |
| Teen Health & Fit.....(Max. 2 sessions per week).....           | \$92.50  |
| Junior Development Squad....(Required 3 sessions per week)....  | \$129.00 |
| Bronze Transition Squad.....(Required 4 sessions per week)..... | \$155.00 |
| Bronze Squad.....(Required 5 sessions per week).....            | \$161.00 |
| Junior and Fitness Squads, additional session.....              | \$23.50  |
| Personal Sessions (one-on-one).....                             | \$184.50 |
| Personal Sessions (two-on-one).....                             | \$276.50 |

### PROGRAM MEMBER FAMILY REWARDS

#### (MONTHLY AUTOMATIC PAYMENT)

A 20% discount is available to any additional family member of a program participant on one of our membership packages. Please enquire at reception today.

### SUNDAY COMPLIMENTARY ENTRY

On Sunday afternoons, between 2 and 5pm, we have complimentary entry for any participant in our Ezyswim Program. This is a great opportunity for students who participate in our program to get a bit of extra practise in! Terms and conditions apply.

### HOLIDAY EXPRESS PROGRAM

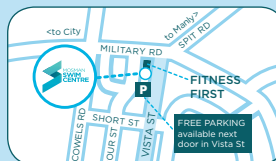
|                                          |          |
|------------------------------------------|----------|
| 5 Day Group Program.....                 | \$111.50 |
| 4 Day Group Program.....                 | \$89.00  |
| 5 Day Personal Program (one-on-one)..... | \$213.00 |
| 4 Day Personal Program (one-on-one)..... | \$170.50 |
| 5 Day Personal Program (two-on-one)..... | \$320.00 |
| 4 Day Personal Program (two-on-one)..... | \$256.00 |

### ADMINISTRATION FEES

|                            |                     |
|----------------------------|---------------------|
| Returned Payment Fee.....  | \$12.00 per payment |
| Alternate Payment Fee..... | \$12.00 per payment |

### MOSMAN SWIM CENTRE

90 Vista Street, Mosman  
(next to Fitness First)  
Ph: 1300 11 SWIM (7946)  
[info@mosmanswimcentre.com.au](mailto:info@mosmanswimcentre.com.au)  
[www.mosmanswimcentre.com.au](http://www.mosmanswimcentre.com.au)



**ezyswim**

Swimming, a skill for life.

MOSMAN  
SWIM  
CENTRE

# SWIM PROGRAMS

## YEAR ROUND SWIMMING

1300 11 7946

[www.mosmanswimcentre.com.au](http://www.mosmanswimcentre.com.au)



## EZYSWIM PROGRAM

Our unique program is based on year round swimming with lessons continuing through school holidays, with the exception of a break between Christmas and the commencement of School Term 1. Children have the opportunity to participate in our *Express* Programs during this January period. To ease administration and for the benefit of our customers, program fees are payable by Automatic Payment (either bank account or credit card). All children with previous Learn-to-Swim experience must be assessed prior to enrolling in our program. Please visit our website and follow the steps to enrol your child into a complimentary assessment.

## YOUR INSTRUCTORS AND COACHES

Our swim program instructors are all accredited with AUSTSWIM/ASCTA and have been screened according to legislative requirements. The team of instructors are professionally qualified and have been selected based on a combination of their technical knowledge, coaching skills and ability to communicate and build rapport. Our instructors have a caring and empathetic approach to teaching to ensure all participants feel comfortable and confident at all times.

## EZYSWIM SUPPORT OFFICE HOURS

Monday to Friday 9.00am – 5.30pm, and weekends 8.00am – 5.00pm.

**1300 11 SWIM (7946)**

**[info@mosmanswimcentre.com.au](mailto:info@mosmanswimcentre.com.au)**

**[www.mosmanswimcentre.com.au](http://www.mosmanswimcentre.com.au)**

## SWIM PROGRAMS

### HOLIDAY EXPRESS PROGRAMS

In conjunction with our yearly program, Ezyswim conducts Holiday *Express* Programs during the school holidays. These programs are a great way to boost your child's swimming ability and confidence whilst maintaining their regular weekly swimming lessons.

### INFANT AQUATICS

**B1** – (parent and baby) Infants aged 6–15 months are introduced to water in a happy and positive manner. Plenty of songs, colour and repetitive activity to stimulate both baby and parent! Introduction of water skills. Class duration: 30 minutes. This is a water familiarisation class. 8 per group.

**B2** – (parent and toddler) Toddlers aged 16–24 months are developing their water confidence and paddling skills with the comfort of a parent by their side. Further development of water safety skills. Class duration: 30 minutes. 8 per group.

**B3** – (parent and toddler) Toddlers aged 25–29 months. Continuation of developing water confidence and building paddling skills, floating and basic breath control in preparation for independent swimming. Consolidation of personal water safety skills. Class duration: 30 minutes. 8 per group.

## LEARN-TO-SWIM AND AQUATIC SAFETY

### PRESCHOOL

**Starfish** – Toddlers aged 30–35 months. Activities include basic breath control, floating, propulsion and submersion. Focus on basic survival skills. Class duration: 30 minutes. 4 per group.

**Tadpole** – Class is aimed at building the water confidence and safety skills of beginners from 3 years of age. Activities include basic breath control, floating, propulsion, paddling and submersion. Focus on basic survival skills. Class duration: 30 minutes. 4 per group.

**Frog** – More confident preschoolers are taught to float, propel and submerge independently with the introduction of freestyle arms and legs. Focus on safety in deep and shallow water. Class duration: 30 minutes. 4 per group.

**Penguin** – Continuation of basic freestyle techniques and introduction of backstroke with development of streamline body position. Focus on deep water safety. Class duration: 30 minutes. 4 per group.

### SCHOOL AGE

**Water Safety Certificate** – Beginners are introduced to floating, propulsion and submersion. Focus is on basic water safety and survival skills. Class duration: 30 minutes. 4 per group.

**Seahorse** – Continues to develop floating, propulsion and submersion skills with the introduction of basic freestyle and back kicking. Class duration: 30 minutes. 5 per group.

**Platypus** – Continuation of freestyle with bi-lateral breathing and backstroke instruction whilst instilling deep water confidence. Focus on deep and shallow water safety. Class duration: 30 minutes. 5 per group.

**Seal** – Further development of bi-lateral breathing freestyle and backstroke. Introduction of breaststroke and diving. Focus on deep water safety and survival swimming. Class duration: 30 minutes. 6 per group.

**Dolphin** – Butterfly is introduced whilst maintaining focus on all other strokes and diving. Preparation for Mini Squad. Focus on advanced water safety techniques. Class duration: 30 minutes. 6 per group.

### PERSONAL SESSIONS

(All ages) Individualised sessions for those requiring more personalised attention structured as one-on-one or two-on-one at the instructor's discretion. All abilities are catered for and personal aquatic survival skills are introduced at every level of tuition. Varying times available.

### ACCESS AND INCLUSION SESSIONS

Our team is qualified to deliver programs that meet the needs of a diverse range of customers within the aquatic environment. We cater for individual needs regardless of ability, chronic condition, age or culturally and linguistically diverse backgrounds.

Bookings essential.

## SQUADS AND AQUATIC SAFETY

### MINI SQUADS

**Marlin** – First level of Mini Squads. Emphasis on stroke development, as children familiarise themselves with squad sessions. Focus on drills and endurance building. Session duration: 30 minutes.

**Shark** – Second level of Mini Squads. Refinement of technique and gradual endurance building. Competitive starts, turns and finishes. Introduction to reading sets on the board and using the pace clock. Session duration: 30 minutes.

### JUNIOR SQUADS

**Junior Target** – First level of Junior Squad program. Focus on skills and drills with introduction of racing techniques and time cycle training. Swimmers are encouraged to train twice per week. Session duration: 45 minutes.

**Target** – Second level of Junior Squad program. Develop endurance and speed in sessions whilst still keeping a strong focus on technique. Swimmers are encouraged to train 3 times per week. Session duration: 1 hour.

**Senior Target** – Third level of Junior Squad program. This squad is focused on developing skills and techniques that enhance their performance at a competitive level. Swimmers are encouraged to train 4 times per week. Session duration: 1.5 hours.

### FITNESS SQUADS

**Teen Health & Fit Squad** – This squad is designed for swimmers 13 years and above. This is a progression from Target and Senior Target for swimmers who are after a non-competitive approach to their swimming. Swimmers are encouraged to train twice per week.

### COMPETITIVE SQUADS

**Junior Development Squad** – First level of Competitive Squads, for swimmers aged 6–9. Swimmers will learn the fundamentals of training for competition and develop good habits in swimming, as well as embracing a positive team culture. The emphasis is on stroke technique and skill development whilst improving their fitness levels.

**Bronze Transitional Squad** – Second level of Competitive Squads, for swimmers aged 9–11. Swimmers will continue to focus on the development of stroke technique and racing skills, whilst improving fitness levels. Introduction of dry land exercises. Focus on qualifying for SMNE, Sydney Metro and NSW State Champs.

**Bronze Squad** – Third level of Competitive Squads, for swimmers aged 11–13. Swimmers will increase their training loads and difficulty of dry land exercises and continue to focus on the development and refinement of stroke technique and racing skills. This is a highly competitive squad where swimmers will be focusing on qualifying and achieving finals at SMNE, Sydney Metro and NSW State Champs.

## ADULT SWIM AND AQUATIC PROGRAMS

Whether it is sport specific training, stroke improvement, squad or personal sessions, programs are available to ensure your requirements are met.

**Learn-to-Swim** – For beginner and intermediate students.

**Personal Sessions** – Individualised sessions for those requiring more personalised attention. Structured as one-on-one or two-on-one sessions at the instructor's discretion. All abilities are catered for and varying times are available.

**Surf & Tri, Adult Health & Fit Squads and Aquacise** – Please refer to our Information and Memberships brochure for details.