

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 \$3.00 to enter at peak times. From \$1.72 per day.

Monthly by direct debit		Annual (get 2 months FREE!)
Adult	\$78.00	\$780.00
Child/Senior/Pensioner/ Full Time Student	\$62.50	\$625.00

LEISURE

All Aquacise and Health & Fit Squads for only \$6.00 per class extra. From \$2.15 per day.

Monthly by direct debit		Annual (get 2 months FREE!)
Adult	\$97.00	\$970.00
Child/Senior/Pensioner/ Full Time Student	\$78.00	\$780.00
Family (up to 4)	\$181.50	\$1,815.00
Additional family member	\$36.50	\$365.00

LIFESTYLE

Unlimited entry, Surf & Tri, Aquacise classes and Health & Fit Squads. From \$2.55 per day.

Monthly by direct debit		Annual (get 2 months FREE!)
Adult	\$115.50	\$1,155.00
Child/Senior/Pensioner/ Full Time Student	\$92.50	\$925.00

ADMINISTRATION FEES

Returned payment fee – \$12.00 per payment
Replacement card fee – \$12.00

FITNESS FIRST MEMBERS MOSMAN

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

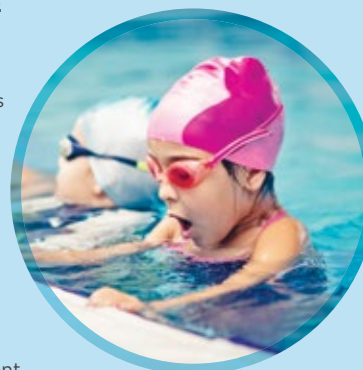
EZYSWIM PROGRAM FAMILY REWARDS

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
- ▶ School Swimming Programs
- ▶ 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

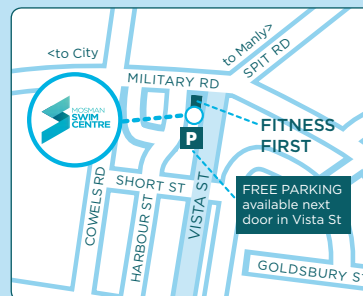
Sunday

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

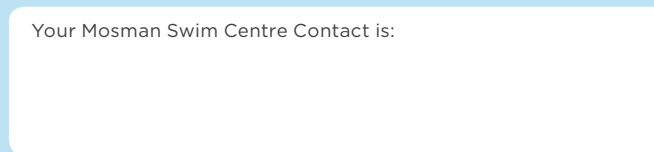
info@mosmanswimcentre.com.au

www.mosmanswimcentre.com.au

ONLINE CUSTOMER PORTAL

All memberships and visit passes are available for purchase, renewal and maintenance via our Customer Portal. Head to our website, www.mosmanswimcentre.com.au for further information.

Your Mosman Swim Centre Contact is:



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



INFORMATION & MEMBERSHIPS

www.mosmanswimcentre.com.au

INFORMATION

MOSMAN SWIM CENTRE

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 and seat

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

CASUAL PRICES (AS AT 1 JULY 2019. ALL PRICES INCLUDE GST)

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

CASUAL

Adult	\$9.70
Child (under 5 years)	Free
Child (5-17 years)	\$7.70
Full Time Student (with valid photo ID)	\$7.70
Pensioner/Senior (with Pension/Seniors Card).....	\$7.70
Disabled Caregiver.....	Free
Spectator.....	\$4.00
Family Swim (2 adults & 2 children or 1 adult & 3 children).....	\$24.00
Additional family member	\$4.50

20 VISIT PASS

Valid for 2 years from date of purchase, terms and conditions apply

Adult	\$150.00
Child/Pensioner/Senior/Full Time Student (with valid photo ID)	\$120.00

10 VISIT PASS

Valid for 2 years from date of purchase, terms and conditions apply

Adult	\$84.50
Child/Pensioner/Senior/Full Time Student (with valid photo ID)	\$67.50

Passes are not transferable and are valid for one person only

EXTRAS

Towel hire (includes \$3.00 refundable deposit)	\$7.00
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)	\$7.00

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 and Surf & Tri 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 or Surf & Tri Squads to improve your overall fitness and technique in the pool?

HEALTH & FIT SQUAD - EARLY WEEKDAY MORNING

The early morning Health & Fit Squad is designed for swimmers 16 years and above. The aim of the Health & 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 (2.00) time cycle. 1 hour duration.

HEALTH & FIT SQUAD - LATE WEEKDAY MORNING AND SATURDAY

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. 1 hour duration.

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 100s on the (1.15) time cycle. 1 hour and 15 minute duration.

AQUACISE

Aquacise is an excellent choice of exercise for fun and 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 in duration. All of our Aquacise classes are combination classes, allowing each participant to choose the level of impact and difficulty of their class. Focus is on core stability, strength and fun! Suitable for all fitness levels.

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

TERMS AND CONDITIONS APPLY

Participation in all programs is done at your own risk. Please ensure if you have any medical conditions that you seek and follow advice from your health practitioner. 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, as there is no admittance to classes 10 minutes after the scheduled start time.

HEALTH & FIT, SURF & TRI AND AQUACISE

PRICES (AS AT 1 JULY 2019. ALL PRICES INCLUDE GST)

CASUAL CLASS OR SQUAD ENTRY (Includes centre entry)

Adult	\$19.00
Pensioner/Senior/Full Time Student (with valid photo ID)	\$15.50

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

Adult	\$152.50
Pensioner/Senior/Full time Student (with valid photo ID).....	\$122.50

Passes are not transferable

Full terms and conditions can be found on our website, www.mosmanswimcentre.com.au, under the 'Members' tab.



FAMILY FUN

GIANT POOL INFLATABLE

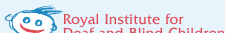
Join the fun at Mosman Swim Centre with our 'Treasure Island' pool inflatable. Available year round. Check "The Splash" on our website for dates. Cost: free use after pool entry fees. Suitable for children under 12 who can swim 25+ metres.

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.



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

Ezyswim proudly supports  Royal Institute for Deaf and Blind Children