



# NEWSPLASH



30<sup>th</sup> August to 5<sup>th</sup> September 2010

mosman swim centre members newsletter

## Pool Details

DEPTH: 1.2m – 1.6m  
LENGTH: 25m  
WIDTH: 12m plus an additional 3m for access ramp & pool seat  
TEMPERATURE: ~28 degrees  
DISINFECTION: UV & Chlorine  
NUMBER OF LANES: 6 x 2m  
[www.mosmanswimcentre.com.au](http://www.mosmanswimcentre.com.au)

## Ezyswim Hours

**TELEPHONE ENQUIRIES:**  
MONDAY-FRIDAY: 9.00am-3.00pm  
SATURDAY: 8.00am-12midday  
**DESK ENQUIRIES:**  
MONDAY-FRIDAY: 9.00am – 11.30am  
3.00pm – 6.00pm  
SATURDAY: 8.00am-12midday  
Email: [mosman@ezyswim.com.au](mailto:mosman@ezyswim.com.au)  
**Ph: 9969 3888**

## Pool Operating Hours

MONDAY – 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

## Ezyswim Program

Please note that all Ezyswim Learn to swim participants must wear a swim cap.

For general information including Departure Forms, visit our website [www.ezyswim.com.au](http://www.ezyswim.com.au)

## Race Night 10<sup>th</sup> September 2010

### PLEASE NOTE:

Due to the Annual Club Championships being held on **Friday 10<sup>th</sup> September, 2010** the Mosman Swim Centre will be **closed** at 3:30pm for public swimming.

## General Information

Please check the lap lane availability prior to your visit to ensure you have an enjoyable visit. Please be aware that all patrons must be out of the water 10mins prior to closing and off the premises at closing time  
Weekdays – 8pm  
Saturday – 7pm Sunday – 6pm  
Public Holidays – 6pm  
[www.mosmanswimcentre.com.au](http://www.mosmanswimcentre.com.au)

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Help us to make your visit to our Centre a positive one. Our friendly team are here to assist you, please assist us with your patience and courtesy. Enjoy your day...

## Aquacise Timetable

Time	Mon 30th	Tue 31st	Wed 1st	Thu 2nd	Fri 3rd	Sat 4th	Sun 5th
8.15am	AQUA SHALLOW		AQUA SHALLOW		AQUA SHALLOW		
9.30am	AQUA DEEP		AQUA DEEP		AQUA DEEP		
11.30am						AQUA SHALLOW	
12.00pm							AQUA COMBO
6.00pm	AQUA DEEP						
6.30pm			AQUA COMBO				

## Ezyswim Adult Squad Timetable

	Mon 30th	Tue 31st	Wed 1st	Thu 2nd	Fri 3rd
5.00 am - 6.30 am	Surf & Tri	Surf & Tri	Surf & Tri	Surf & Tri	Surf & Tri
6.30 am - 7.30 am	Health & Fit		Health & Fit		Health & Fit
9.30 am – 10.30 am		Health & Fit		Health & Fit	
6.30 pm – 7.30pm		Health & Fit – Stroke Improvement		Health & Fit – Stroke Improvement	

## Lap Swimming Etiquette

*Please use common sense and consider the safety of others while swimming laps. 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 30 seconds per lap). Faster kicking with a board is permitted in these lanes.

## Public Lane Availability

Please note every effort will be made to adhere to the timetable but Mosman Swim Centre reserves the right to change or alter classes and lane availability as necessary.

\* Booking

**2** Indicates peak periods – Swim School time (2 x 1.5m lanes only)

Last Updated- 27/08/2010 at 5PM

	Mon 30th	Tue 31st	Wed 1st	Thu 2nd	Fri 3rd	Sat 4th	Sun 5th	Mon 6th	Tue 7th	Wed 8th	Thu 9th	Fri 10th	Sat 11th	Sun 12th
5.00am	3	3	3	3	3			3	3	3	3	3		
5.30am	3	3	3	3	3			3	3	3	3	3		
6.00am	3	3	3	3	3			3	3	3	3	3		
6.30am	3	3	3	3	3			3	3	3	3	3		
7.00am	3	3	3	3	3	6	6	3	3	3	3	3	6	6
7.30am	6	6	6	6	6	6	6	6	6	6	6	6	6	6
8.00am	3	3	3	3	3	2	2	3	3	3	3	3	2	2
8.30am	3	6	3	6	3	2	2	3	6	3	6	3	2	2
9.00am	2	2	2	2	2	2	2	2	2	2	2	2	2	2
9.30am	2	2	2	2	2	2	2	2	2	2	2	2	2	2
10.00am	2	2	2	2	2	2	2	2	2	2	2	2	2	2
10.30am	2	2	2	2	2	2	2	2	2	2	2	2	2	2
11.00am	3	3	3	3	3	2	2	3	3	3	3	3	2	2
11.30am	2	6	2	2	3	2	2	2	6	2	2	3	2	2
12.00pm	2	6	2	2	6	2	2	2	6	2	2	6	2	2
12.30pm	6	6	6	6	6	4	2	6	6	6	6	6	4	2
1.00pm	6	6	6	6	6	6	6	6	6	6	6	6	6	6
1.30pm	6	6	2	2	6	6	6	6	6	2	2	6	6	6
2.00pm	6	6	2	2	6	6	6	6	6	3	3	6	6	6
2.30pm	6	6	6	6	6	6	6	6	6	6	6	6	6	6
3.00pm	6	6	6	6	6	6	6	6	6	6	6	6	6	6
3.30pm	2	2	2	2	2	6	6	2	2	2	2	0	6	6
4.00pm	2	2	2	2	2	6	6	2	2	2	2	0	6	6
4.30pm	2	2	2	2	2	6	4	2	2	2	2	0	6	4
5.00pm	2	2	2	2	2	6	4	2	2	2	2	0	6	4
5.30pm	2	2	2	2	2	6	6	2	2	2	2	0	6	6
6.00pm	2	3	4	3	2	6		2	3	4	3	0	6	
6.30pm	2	3	4	3	2	6		2	3	4	3	0	6	
7.00pm	3	4	4	4	6			3	4	4	4	0		
7.30pm	6	6	6	6	6			6	6	6	6	0		