

# Memberships

A range of memberships are available with family, senior, full time student and pensioner discounts.

## Off-Peak

Swim Monday – Friday between 12noon – 3pm and after 12 noon on weekends or pay \$2.00 to enter at peak times. From \$1.27 per day.

	Monthly by direct debit	Annual (get 2 months FREE!)
Adult	\$58.00	\$580.00
Child/Senior/Pensioner/Full Time Student	\$46.40	\$464.00

## Leisure

Unlimited entry to the centre. All Aquacise & Health & Fit Squads for only \$5.00 per visit extra. From \$1.67 per day.

	Monthly by direct debit	Annual (get 2 months FREE!)
Adult	\$76.20	\$762.00
Child/Senior/Pensioner/Full Time Student	\$61.00	\$610.00
Family (up to 4)	\$144.70	\$1447.00

## Lifestyle

Unlimited entry, Aquacise classes and Health & Fit Squads. From \$2.02 per day.

	Monthly by direct debit	Annual (get 2 months FREE!)
Adult	\$91.70	\$917.00
Child/Senior/Pensioner/Full Time Student	\$73.40	\$734.00

## Fitness First Members Mosman

20% discount on entry during off-peak times – Monday to Friday before 9.00am and after 6.00pm, Saturday & 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 Automatic Payment only.*

## 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 and Berton's can take care of your party food needs. Ask us for a menu today!



**Mosman Swim Centre**  
 90 Vista St Mosman  
 (next to Fitness First)  
 Ph: 02 9969 3888  
[mosmanswimcentre.com.au](http://mosmanswimcentre.com.au)

**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

## other services include

- Swim Merchandise
- Learn to Swim
- Personal Sessions
- Squad Training
- Children's Birthday Parties
- Ezyswim Swimming Club
- Memberships & Regular User Discounts
- Lockers, Equipment & Workout Hire
- Disabled Access & Equipment



For full information about our Ezyswim programs please refer to our Ezyswim brochure or website [www.ezyswim.com.au](http://www.ezyswim.com.au)

Your Mosman Swim Centre Contact is:



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

Current at 1/7/10

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

# Information & Memberships



# Information

## Mosman Swim Centre

**The Mosman Swim Centre** is a year round community facility. The Centre features a 6 lane 25m indoor heated pool, with full disabled access via a ramp and submergible wheelchair and a water feature/recreation area.

### Pool Details

**Depth** 1.2m to 1.6m      **Temperature** ~28 degrees  
**Disinfection** UV and chlorine      **Number of Lanes** 6 x 2m wide lanes  
**Width** 12m plus an extra 3m for access ramp & seat  
**Entry & Exit points** Ramp entry as well as stair and ladder entry/exit

## Casual Prices (As at July 2010. All prices include GST)

*Passes are not transferable and are valid for one person only*

### Casual

**Adult** .....7.00  
**Child** (under 5 years) .....Free  
**Child** (under 16 years) .....5.60  
**Full Time Student** (with valid photo id) .....5.60  
**Pensioner/Senior** (with Pension/Seniors Card) .....5.60  
**Disabled Caregiver** .....Free  
**Spectator** .....3.50  
**Family Swim** (2 adults & 2 children or 1 adult & 3 children) 18.60  
**Additional family member** .....3.90

### 20 Visit Pass

**Valid for 2 years from date of purchase + terms & conditions apply**  
**Adult** .....112.00  
**Child/Pensioner/Senior/Full Time Student** (with valid photo id) 88.00

### 10 Visit Pass

**Valid for 2 years from date of purchase + terms & conditions apply**  
**Adult** .....63.00  
**Child/Pensioner/Senior/Full Time Student** (with valid photo id) 49.50

### Extras

**Towel hire** (includes \$3.00 refundable deposit) .....6.00  
**Locker hire** (with refundable \$2.00 coin) .....0.00  
**Hot Shower** (purchase a token from reception) .....0.50  
**Equipment & workout hire** (includes \$3.00 refundable deposit) 6.00

**Phone 9969 3888**

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

# Health & Fit Squads

Our great swim squads are suitable for a variety of ages and fitness levels. Health & Fit 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' squad to improve your overall fitness and technique in the pool.

### Health & Fit

Duration 1 hour. Squad members participate to maintain a healthy lifestyle. This is an entry level swim squad focusing on stroke improvement and becoming more efficient in the pool. Training consists of cardio workouts of around 1-2.5km per session.

### Teen Health & Fit

Duration 1 hour. This squad is designed specifically for teenagers to improve their health and fitness with a focus on stroke improvement in a non-competitive environment. Squad members are encouraged to swim 1-2km per session. Minimum age 13 years.

### Personal Sessions

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 varying times are available. Bookings essential.

### Surf & Tri

Please refer to our Ezyswim Brochure.

## Health & Fit and Aquacise Prices

(As at July 2010. All prices include GST)

### Aquacise Classes/Health & Fit Squad

Includes centre entry  
**Casual Adult** .....14.40  
**Casual Pensioner/Senior/Full Time Student** (with valid photo id) 11.50  
**10-pass** (Includes Centre entry. Valid for one person, for 2 years from date of purchase)  
**Adult** .....115.20  
**Pensioner/Senior/Full time Student** (with valid photo id) .....92.20  
*Passes are not transferable*

\*Terms and conditions apply

*Participation in the Aquacise and Health & Fit Squad program is subject to a pre-exercise questionnaire. Pregnant women must obtain medical clearance from their doctor. 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.*

# Aquacise

Aquacise is an excellent choice of exercise for fun & 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 duration.

## Aquacise Class Descriptions

### Aqua Shallow

An aqua class combining resistance exercise and enjoyable music that will have you dancing in the pool. Suitable for all fitness levels, this class has a cardio and body toning focus.

### Aqua Deep

An excellent cardio workout in a non impact environment. This class combines body toning and strengthening work using basic equipment and simple yet effective movements. Suitable for all fitness levels with buoyancy belts provided.

### Aqua Combo

A combination class, half in the deep water, half in the shallow. Focusing on core stability, fitness, strength and fun! Suitable for all fitness levels.

For the latest class times, timetables and weekly newsplash please visit [www.mosmanswimcentre.com.au](http://www.mosmanswimcentre.com.au)

To minimise the risk of injury there is no admittance to classes 10 minutes after the scheduled start time.

## Café BERTONI Casalinga

Located conveniently next door to the Mosman Swim Centre is one of Sydney's Favourite Cafe's\*, Bertoni Casalinga. Bertoni Casalinga is an Italian-inspired cafe created by two Italian brothers who are passionate about good food. Offering coffee, dolci baked daily and casalinga-style food made fresh daily which can be enjoyed in or take home.

*\*Sydney Morning Herald Good Food Guide 2006*

