

Simon's Tales

To all members and guests,

Welcome to all our new learn to swim students and families, it's great to see so many children and adults learning the vital skills of swimming.

What a month we have a head of us, we will be holding our annual Swimathon and Funday on the 1st March 2015; this is the YMCA largest fundraiser. All Donations go to our Swimability program supporting people with disabilities in our community.

During the week of the 16th to 22nd March 2015; we will be celebrating senior's week with free activities and classes for people over the age of 55. This event is open to everyone, so if you have any families or friends interested in participating please have them contact the centre. It may be just the right opportunity for them to start a Healthy Lifestyle "it's never too late".

Just a reminder Easter is just around the corner so keep up your training schedules and programs.



Simon Keane
Centre Manager

Mt Annan Leisure Centre

Management and staff would like to wish all members and guests a happy Easter!

Please note changes to operating hours during the holiday period

DAY	DATE	HOURS	SWIMMING LESSONS / GROUP FITNESS / CRECHE
Thursday	2nd April	5:30am—9pm	As per normal timetable
Good Friday	3rd April	CLOSED	NONE
Easter Saturday	4th April	7am—5pm	NONE
Easter Sunday	5th April	7am—5pm	NONE
Easter Monday	6th April	7am—5pm	NONE
Tuesday	7th April	Back to Normal Hours	As per normal timetable

Mount Annan Leisure Centre

Welling Drive, Mount Annan 2567

(P) 4648 4830 (F) 4648 4834 www.ymcansw.org.au/mtannan



Swimathon Sponsor Thanks

Thanks to all our Swimathon sponsors who
Splashed out for a Great Cause



Thanks to all our Sponsors

Becca Jane's Hair Creations,
Bunch-it-with-Country Florist,
Bunnings Warehouse Narellan,
Cake Biz Narellan,
Camden Photo Centre,
Grasshopper Soccer,
Hog's Breath Café Narellan,
Home Trend,
Kingpin Bowling Campbelltown,
Laser Skirmish,
Lee Massage & Acupuncture,
Lowes Narellan Town Centre,
Mt Annan Hotel,
Myнк Hair,
Narellan Community Congregational Church,
Pharmacy Express,
Play Maze Narellan,
News Power,
Rebel,
Schweppes
Shoe Talk,
Speedo,
United Cinemas Narellan,
YMCA Merchandising,

YMCA Aquability Play Mt Annan Leisure Centre



Social connection and fun with your child during YMCA Aquability Play session

YMCA Aquability Play Group is a non structured session designed to cater for special needs children, 2 year - 5 year old children accompanied by parents/guardians or carers.

The main focus is to create a fun environment for children to familiarize themselves with water and others.

The social group will experience free play and activities for their children with supervision from a qualified Swimming Teacher, followed by **FREE** Tea and Coffee in our Reflections Café.

Sessions Times

Wednesday 1.00pm (45mins)

FREE for parent and child

- * Terms and Conditions:
- Children under 3 must wear Happy Nappies (brought at the centre)
 - Children under 6 must wear wrist band and within arms reach
 - Program runs during YMCA Swimming Lessons terms

YMCA SwimAbility

The Y believes that everyone, whatever their physical or intellectual ability, should have access to potentially life-saving swimming lessons.

The YMCA SwimAbility program provides vital swimming and water safety lessons for individuals with a disability. YMCA SwimAbility builds aquatic skills, confidence, and fitness, and empowers participants to achieve their best.



Contact Mt Annan Leisure Centre Reception for information

Thanks to Mt Annan & Camden fundraisers



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Seniors Week

14th—22nd March


Check website for
specific activities

**Bone Density Testing
Health Education**

**Beneficial for
Adults of all Ages**

**Don't
crumble**

Brought to you by
Australian Bone Density Testing Centre



**BONE
DENSITY
TESTING
HERE**

**Don't
crumble**

**Find out how weak or strong
your bones are before they break!**

Testing Date / Cost

- Osteoporosis means bones are thin fragile & break easily.
- It can be prevented and treated.
- You can't feel your bones getting thinner.
- Bone loss can progress slowly over many years, without your knowledge, until a fracture occurs.
- Assess your risk now and plan for a strong tomorrow.

**Have a safe, scientifically proven,
reliable bone density test.**

Beneficial for adults of all ages.
*Funded brought to you by Australian Bone Density Testing Centre.
More information at www.bonedensitytesting.com.au and PHONE 01-9222 0044

Mt Annan Aquatic & PrYme Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30am	AQUA			Vietnam Vets*		
9:30am	AQUA ^	AQUA ^	AQUA ^		AQUA ZUMBA^	AQUA ^
10:30am	prYme Dance	prYme Active		prYme Aqua		
7:30pm	AQUA		AQUA	AQUA		

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New Program — Butterfly Class

Butterfly class
Day: Friday
Time: 18.30-19.00



Cost 4 week program = \$56.00

*Any addition class are only available as a 4 week block

*Bookings are upfront only and made at reception.

This class is designed for a student in a Shark class that are struggling with BUTTERFLY and needs help to progress to Pre Squad.

Stay in touch at
Mt Annan Leisure Centre

Check out the web site

www.ymcansw.org.au/mtannan

and

the April newsletter

for information about

April school holiday activities



Bookings
Essential!

Mount Annan Leisure Centre

Junior Gym

Junior Gym is a comprehensive exercise program for children aged 5 - 10 years old. Studies have shown that movement education programs like Junior Gym are an initial step on the pathway to assist in the development of a healthy Mind, Body and Spirit.

Active,
after-school
fun for
5 - 10yr olds

4:15 pm - 5:00
pm Mon, Wed
& Fri
afternoons

Only \$8.50 per
session (Free
for Family
Memberships!)

See Reception to Register Today!

*Terms & Conditions Apply.



YMCA Squad Success

It has been a very busy month for the Mount Annan and Camden Swim Clubs.

On the 8th February Mount Annan and Camden Swim Clubs took a team of 38 Swimmers to compete in the Speedo Sprint Heats Series. This is the first step in Qualifying for the Speedo Sprint Finals. Only four swimmers for each event are selected to compete in the finals. These swimmers will then go on to compete against the other areas in N.S.W.

A huge Congratulations to everyone who competed on the day. 92% of all races swum on the day were Personal Best times.

The YMCA Coaching staff are proud to be sending 10 swimmers off to the Speedo Sprint Finals with many of these swimmers in contention for medals.

The Mount Annan and Camden Swim Clubs also participated in the Local Camden Meet on the 15th February.

Congratulations to both swimming clubs. Combined they achieved a massive 92 medals, with Camden swimming club taking out the meet with a team of 54 swimmers.

With many more carnivals still to come, and in the midst of the School Swimming Series, the coaches at YMCA wish all swimmers across the Y the very best of luck!

A very special mention to Vanya Kamenjas who last week was selected for the N.S.W Junior Sharks Squad. This is a massive feat, only 43 swimmers were chosen from across the State. This was due to his efforts at the Recent N.S.W State Age Championships, and selection can only be made after meeting qualifying times. Vanya successfully managed to achieve all five times. Well done Vanya, you have made all of the staff at YMCA very proud.

YMCA Coaches

Tatiana, Lisa, Katie, Ryan, Trudi, Carly

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Swimming Lesson Information Mt Annan Leisure Centre

Mt Annan Leisure Centre YMCA Swimming Lesson enrolments are open now
Contact Mt Annan Leisure Centre Reception or 46484830 for times and levels.

Welcome back to swimming lessons 2015

2015 Block 1, January 19 to April 12, 2015

2015 Block 2, April 13 to July 5, 2015

2015 Block 3, July 6 to September 27, 2015

2015 Block 4, September 28 to December 20, 2015

YMCA encourages a healthy swimming environment.

PLEASE DO NOT SWIM IF YOU HAVE HAD DIARRHOEA IN THE PAST TWO WEEKS.

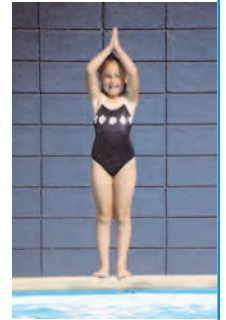
Provide a medical certificate and we can arrange a 2 week direct debit over ride on the next debit.

Parents please remember to scan your child's card at reception to record their attendance at YMCA Swimming lessons.

Scanning on entry prevents cancelling the student for non-attendance.

Swim teachers now carry a whistle at all times. 3 long blasts of the whistle indicates an emergency and students will be trained to get out of the water in a calm and orderly fashion.

A bell will ring at the end of each swimming lesson to indicate change over time.



Keep watch. Active supervision.
0—5 years old must be within arms reach of a parent or guardian at all times

YMCA Diving Program



School Carnivals are fast approaching. Make sure your child is ready.

Why not book into the YMCA dive program

Learn the skill of diving with the YMCA diving program at Mount Annan Leisure Centre

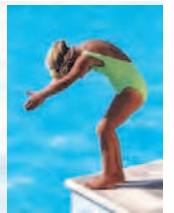
Thursdays 5.30—6.00pm (30min lesson)

Cost \$56.00 upfront.

4 lessons over 4 consecutive weeks. (no make up lessons)

Available for students in Tuna, Dolphin, Shark levels,

Pre Squad and Novice Squad. The diving program will help student gain knowledge of the correct technique for diving safety and will be beneficial to all students entering school carnivals.



**BOOK
NOW**

Family Memberships

FAMILY MEMBERSHIP and AQUATIC FAMILY MEMBERSHIP

Mount Annan Leisure Centre is offering you and your family the chance to get fit together.



Family Membership

\$82.00 per fortnight* & receive access to*:-

Health club, Group fitness, Learn to swim*,

Junior Gym, Teen Gym, PrYme Movers,

Family-friendly Programs,

Pools, Spa, Sauna & Steam room.

*One Learn to Swim lesson per child per week.

Debits are fortnightly.

Age restrictions apply on all programs and services.

Aquatic Family Membership

\$55.60 per fortnight & receive unlimited access to pools.

Spa, Sauna & Steam-room access to family members over 16 years old.

We define family as anyone living under the same roof, which means Mums, Dads, Brothers, Sisters, Cousins & roommates are welcome.

Camden War Memorial Pool

Aqua Chat

Join us for a
*Coffee/Tea &
Conversation*
Aqua Chat!
after
Camden Pool Aqua Class
Friday 7.30am
Meet in the under cover picnic area

Camden Pool Opening Hours

Monday—Friday 6.00am—7.00pm
Saturday—Sunday 8.00am—5.00pm

Camden War Memorial Pool offers

- Heated Aquatic Playground
 - Season Passes
 - Family Fun Days
- Swimming Lessons
 - Squad

Discounted Camden Pool Season Pass

Purchase from at Camden Pool

- Adult Season Pass Discounted
- Child Season Pass Discounted
- Family Season Pass (family of 5) Discounted

Enquire today on 46558600

for new discounted Price for the 1st January 2015

Camden Pool Swimming Lessons and Squad

2015 Block 1, January 27 to March 28, 2015

Camden swimming lessons Swimming Lessons (Fortnightly direct debit)

- Infant and preschool classes (6 months-5 years) \$24.00/fortnight
- Primary classes (over 5 years) \$26.00/fortnight



Squad Membership must be book at Mt Annan Leisure centre

- Novice Squad \$38.50/fortnight
- Development Squad \$41.00/fortnight
- State/National Squad \$44.00/fortnight



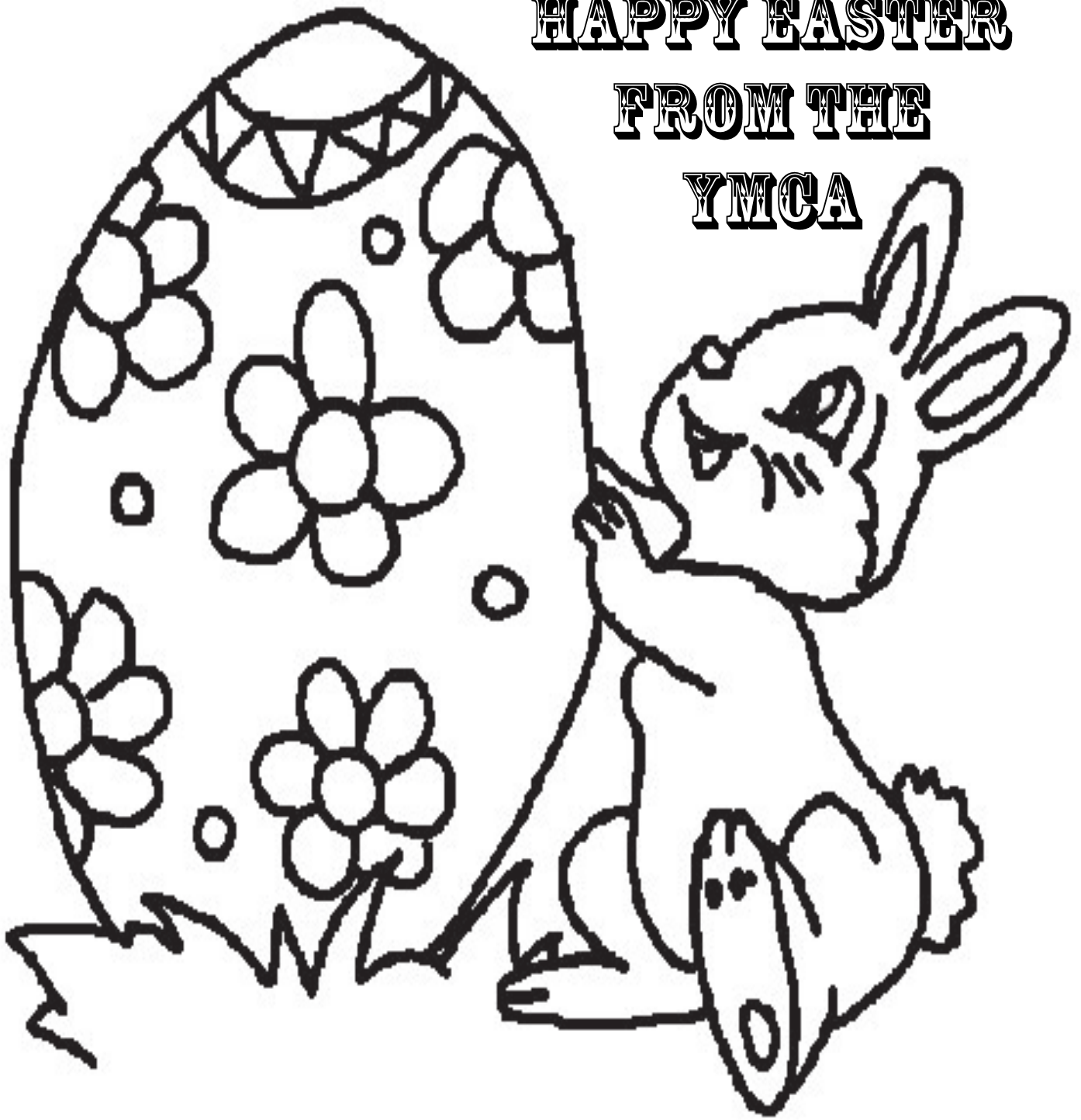
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**HAPPY EASTER
FROM THE
YMCA**



Happy Easter from the Mt Annan Leisure Centre YMCA!

Enter our colouring competition for your chance to win

*limit 1 entry per person

Entries close 27.03.15

Winners will be contacted by 1st April 2015

Child's Name: _____

Happy Easter from the
Mt Annan Leisure Centre YMCA!

Enter our colouring competition for your chance to win

1 pair of Goggles

1 swim cap

\$10.00 voucher to spend at Reflections Café

*limit 1 entry per person

Entries close 27.03.15

Winners will be contacted by 1st April 2015

Child's Name: _____

Age: _____

Parent's Name: _____

Email: _____

Contact Phone Number: _____