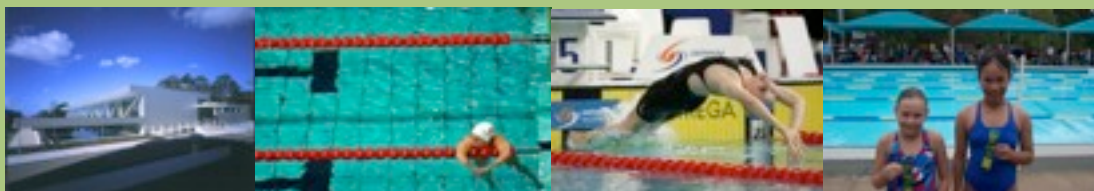




Term Two Holiday Program Time Table

The Pool will be closed for Public Holidays



Fitness Classes

Pilates, Aerobics and Aqua Aerobics classes are cancelled until Term 3.

Adult Squad

Normal Training

Mon-Thu. 6.30pm - 7.45pm

Lap Swimming

No Lap swimming Friday 17th & Saturday 18th July due to maintenance work.

Mon.- Friday 7.00am - 8.00am

Mon. - Thurs. 6.30pm- 7.00pm

Saturday 8.00am - 9.00am

Only 15m area available 13th & 15th July

Friendly Reminder

No chewing gum or food on pool deck, hygiene and cleanliness is important. **Please do not put bags on the seats.**

No Squad Training

Friday 17th July afternoon and Saturday 18th July squads are cancelled. Due to essential maintenance work.

Owed a Make-up ?

If you are owed a make-up lesson please contact the Swim School Office from Week 9 to arrange a make-up lesson in the school holidays. Make-up lessons will be run during the Holiday Learn to Swim Intensive lessons most weekday mornings.

Enrolment Dates: Term 4

Enrolment forms are available from the Swim School Office:

- Same time/class enrolments commencing Tues. 8th September
- MLC Student Priority enrolments Monday 14th September
- Change time, day or level enrolments Tuesday 15th September
- Sibling enrolment Monday 21st September
- New enrolments Tuesday 22nd September

MLC AQUATIC CENTRE

ADDRESS: PO Box 643, BURWOOD, NSW, 1805

TEL: 02 8741 3154

FAX: 02 9715 2712

EMAIL: swim@mlcsyd.nsw.edu.au



MLC Marlins Swim Team News

The MLC Marlins finished 20th at the National Age Championships winning 4 gold, and two silver medals with numerous top ten positions. Marlins swimmers broke a National Age Record and a State record.

Te Haumi Maxwell and Caitlin Sinclair both won two individual gold. Te Haumi in the 50m and 100m Freestyle and Caitlin in the 100m and 200m Backstroke. Te Haumi broke his own National 50m Freestyle record whilst representing NSW in the State Relay. Swimming the first leg Te Haumi blitzed the field and swam an outstanding time of 23.46 seconds. His performances won him a place on the National Age "All Star" team.

Te Haumi won two individual silver medals in the 100m Butterfly and the 100m Backstroke and represented the MLC Marlins and the State in four relays. He won silver in both of the State relays and a 4th in the 4x50m Free relay (**Peter Totidis, Edward Marks, Bilal Dannaoui**) and 6th in the Medley 4x50m relay (**Alexander O'Hare, Edward Marks, Peter Totidis**).

Caitlin Sinclair also achieved top ten finished in the 100m Butterfly and 200m Individual Medley. Caitlin swam 3 relays for the MLC Marlins finishing 8th in the 4x100m Free relay (**Ha-Yeon Lee, Melanie Tan, Caitlin Sinclair and Suay Toprak**) and 5th in the 4x100m Medley Relay Team (**Caitlin Sinclair, Melanie Tan, Ha-Yeon Lee, Suay Toprak**).

Suay Toprak also swam well finishing with 5 individual top ten finishes with a number of personal best.

Melanie Tan also had a top ten finish, 6th in the 100m Backstroke.

July Holiday Programs

WEEK 1: Monday 13th July - Friday 17th July

WEEK 2: Monday 20th July - Friday 24th July

Learn to Swim Intensive

One swim lesson a day for 5 days. Your child will attend the same class at the same time from Monday to Friday.

Lessons: 5 x 30 minute lessons

Time: 9:00am - 11:30am

Cost: \$60.00 per week pre school, \$68.00 a week school age

Note: **Week 1 is a four day program (Monday - Thursday)**
\$48.00 per week pre school, \$54.40 a week school age

Skills Clinics

The skills clinics are a great way for swimmers to concentrate on a particular stroke or skill. The clinics include stroke development, kick, pull, breathing and timing drills as well as stroke specific start and turn practice. Each clinic is a 30 minute class running for five consecutive days.

Breaststroke Clinic / Butterfly Clinic are available to swimmers that have completed 1 term of Dolphins or above.

Starts & Turns Clinic / Freestyle & Backstroke Clinic are available to swimmers that have completed 1 term of Seals or above.

Lessons: 9:30am Butterfly Clinic
10:00am Breaststroke Clinic
10:30am Butterfly Clinic or Supervised Break
11:00am Starts and Turns Clinic
11:30am Freestyle & Backstroke Clinic

Cost: \$35.00 for 5x half hour clinic. 10% off 3rd & 4th booking
\$28.00 for 4x half hour clinic. 10% off 3rd & 4th booking

Note: **Week 1 is a four day program (Monday - Thursday)**

Holiday Activity Program

Aged 6 - 13 years (no swimming lesson 17th July)

The holiday activity program includes a swimming lesson, supervised free swim, indoor & outdoor sports & activities, as well as art & crafts.

Time: Drop off from 8:00am, **Pick up by 5:30pm**

Cost: \$39.00 per day \$156.00 for full five day week (20% discount)

Vacation Junior Squad

You enrol into a week of Junior Squad and you can attend some or all of sessions offered for a flat weekly price.

Time: Mon.-Friday: 3:30pm-5:00pm & 5:00pm-6:30pm
Saturday: 1:00pm - 2:30pm

Cost: \$33.00 per week, unlimited sessions

NO TRAINING Friday 17th July