



February 2025

Dear Customers,

Welcome to February 2025!



### POOL AVAILABILITY

School Carnival Season is now here!

Prior to visiting the centre, be sure to view our online [Live Pool Availability](#) and School Carnival Schedule to know when the facilities are best available.

Please note, changes to the schedule and pool space can occur at any time.

### FITNESS PROGRAMS - TERM 1

Term 1 2025 Fitness Programs have commenced!

From 28th January to 12th April 2025, we will be offering the following programs:

- Aqua Aerobics
- Aqua Zumba
- Pilates

\*Spots are limited\*

Please note, a Pre-Exercise Questionnaire will be required prior to making a booking or to participate in the programs. If you indicate 'Yes' on any of the pre-screening questions, you will be required to obtain a medical clearance prior to sign-up.

For more information about Fitness Programs, please click the button below.

Alternatively, call 9078 6169 or email [eac@burwood.nsw.gov.au](mailto:eac@burwood.nsw.gov.au) and a staff representative can assist with any queries you may have.



# LEARN TO SWIM PROGRAM - TERM 1

We are half way into Week 1 of Term 1 2025 Learn to Swim Program!

Term 1 runs from 28th January 2025 to 13th April 2025, with enrolments concluding Week 5 on Sunday 2nd March 2025.

With over 40 new classes added to the schedule for our Summer season, it is the perfect time to enrol in classes.

Don't forget that Swimming is a fantastic activity for all ages, especially for children!

Learning to swim is vital for safety, as it's a crucial life-saving skill. But it's also a fantastic way to boost your overall well-being. Swimming is an amazing low-impact, full-body workout that improves cardiovascular health, relieves stress, and boosts your mood.

Plus, it's a fantastic way to connect with others! Join our amazing learn-to-swim community at the EAC and discover the joys of swimming. Children will develop essential life skills like confidence, coordination, and social skills while having fun and staying active.

Enrol today!

## **Enrolling:**

Please visit our [Active Carrot Portal](#). Alternatively, you can visit our centre and a staff representative at front reception will be able to assist.

All levels and class times are subject to availability.

## **Student Assessments:**

Students not currently enrolled in the program who are over the age of 3 and have had previous swimming experience in a structured class will be required to complete an assessment.

If the student is under the age of 3 or students with no swimming experience in a structured class who cannot swim unassisted do not require an assessment.

Please note, students under 5 year must have a responsible adult 18 years or older in the water for their assessment. If an adult is not present in the water the assessment will be cancelled.

To book a free assessment, please click on the button below.



**Welcome to  
Your local pool**  
Where a lifetime of memories are made.



# AUSTRALIA DAY POOL PARTY

Thank you to everyone who joined us at Enfield Aquatic centre to celebrate Australia Day on Sunday 26th January 2025!

A special thank you to all involved in making the day happen for the community:

- Live entertainment by DJ Flygirl Tee and The Glorious Sousaphonics
- Delicious BBQ by Enfield Lifesaving Club
- Ice-Creams and Coffee by Bar Coco
- Burwood Council Staff Members

#reflectrespectcelebrate



## Did you know?

Zoggs Matrix Hand Paddles are designed to improve your stroke technique as they force your hand to stay straight as you pull through the water.

They are ergonomically contoured in design for optimum performance and feature a scooped front-end to catch the phase of your stroke with added holes to increase your feel of the water. As well as improving stroke performance, hand paddles can help to build strength in arms and shoulders.

The soft TPR (Thermoplastic Rubber) outer edge allows for flexibility in the finger tips for added comfort.

If you are considering training with hand paddles for the first time, you should always begin training with a smaller size (i.e. medium) regardless of the size of your hand until you become used to the added drag.

Enfield Aquatic Centre sell Zoggs Matrix Hand Paddles for \$16.00.

They come in two colours Orange (as shown) and in Black. Available in two sizes, Medium and Large.



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