



March 2025

Dear Customers,

Welcome to March 2025!

TIME TO SHINE DURING SENIORS FESTIVAL!

Seniors who live in the Burwood Council area will receive FREE ENTRY at Enfield Aquatic Centre from 3rd March to 16th March 2025.

Just remember to bring your Seniors or Aged Pension Concession card with you and a form of ID for proof of address.

Enfield Aquatic Centre will also be offering a complimentary Aqua Aerobics Class and Pilates Class.

- Aqua Aerobics Class - Monday 10th March 2025 - 12:00pm to 1:00pm

Aqua exercise provides motivating and engaging water based workouts for seniors of all fitness abilities.

- Pilates Class - Friday 14th March 2025 - 12:00pm to 1:00pm

Pilates exercise boosts participant's mobility and strength in a dry based workout for all fitness abilities.

Spots are limited

In order to participate in one of our programs, please complete the [online Pre-exercise Questionnaire form](#). If you cannot access the link provided, you can visit the centre to complete the Pre-exercise Questionnaire form at front reception desk.

To book into a fitness session, you can either visit the centre, call 9078 6169 or email eac@burwood.nsw.gov.au



HOLIDAY INTENSIVE PROGRAM

Holiday Intensives will be going ahead for term 2 with the following schedule:

Holiday Intensives:

Week 1: Monday 14 April- Thursday 17 April 2025

Week 2: Tuesday 22 April- Thursday 24 April 2025

Week 1 assessments will be conducted on Thursday 17 April. There will be no week 2 assessments due to the restricted schedule.

The Term 2 2025 Holiday Intensive Program is a two week accelerated learning program consisting of back-to-back 30 minute classes. The program is suitable for preschool and school aged children and is recommended for students wishing to kick start their learning and development.

Squad Intensives:

Week 1: Monday 14 April- Thursday 17 April 2025

Monday: Freestyle Clinic

Tuesday: Backstroke Clinic

Wednesday: Breaststroke Clinic

Thursday: Butterfly Clinic

Get ready to dive in with Enfield Aquatic Centres Squads Holiday Intensive program in Term 2 2025.

The program will provide the opportunity for squad students to refine their swimming techniques and build endurance through specialised skill clinics. Each session has been designed around 4 key swimming focus areas.

Bookings open Monday 10 March 2025.



Welcome to Your local pool

Where a lifetime of memories are made.



HEAT UP THE POOL PARTY WITH AQUA ZUMBA!

Our Aqua Zumba fitness classes provide a fun twist to traditional aqua by bringing rhythm and dance into the pool for the aqua disco of your dreams!

During the class, dance steps provide a water-based workout to tone muscles, whilst water buoyancy supports your body.

Suitable for all levels of fitness including beginners and non swimmers!

Sessions:

Tuesday Afternoons - 12:30pm to 1:30pm

Thursday Evenings - 6:30pm to 7:30pm

Spots are limited

For more information about Aqua Zumba and how to book a session, please click [here](#)



COLOURING COMPETITION 2025

Thankyou to all who participated in the EAC Colouring Competition - they all look amazing!

Congratulations to the following winners:

3-5 years category - Evelyn H

5-8 years category - Ayman K

8+ years category - Amelie Mabel M

Each winner has taken home a free family entry ticket!

All three winners went into the draw to win a Vorgee Prize pack valued \$102 - Congratulations to AYMAN K who was the grand prize winner!



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



ENHANCE YOUR SWIMMING EXPERIENCE WITH OUR TRAINING GEAR!

Looking to take your swim to the next level? We've got you covered with our range of high-quality training gear designed for comfort, support, and performance!

- **Kickboards** - Choose from Medium or Large sizes for extra support and comfort while improving leg strength, balance, and endurance.
- **Hand Paddles** - Available in Medium and Large, these paddles refine stroke technique and build upper body strength while keeping your movements smooth and controlled.
- **Pull Buoys** - Available in a range of colours to suit everyone's style, these help isolate your upper body, allowing you to focus on stroke technique with ease.

Whether you're training, learning, or simply looking to improve your swim, our gear is here to help. Pick up yours today at Enfield Aquatic Centre and make the most of every swim!



GROUP EXERCISE INSTRUCTORS - APPLY NOW!

Are you an experienced and passionate Group Exercise Instructor?

We are seeking experienced and passionate Group Exercise Instructors to provide a variety of fitness program services including but not limited to Aqua, Pilates, Yoga and Boot Camp.

If you have the skills and qualifications, we would love to hear from you with details of what you can offer to the Centre.

How to express your interest:

Please provide details of how you meet the requirements outlined by submitting a copy of your resume, two professional references, copies of your qualifications and cover letter.

Immediate start is available subject to the provision of all required documentation so please contact us and submit your expression of interest by clicking on "**Apply now**" and follow the steps.

Closing date: Wednesday, 5 March 2025 at 11:59 pm



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