



Dear Customers,  
**Welcome to May 2025!**



**We are halfway through  
our first week of Term 2  
Learn to Swim!**

**Learn about Lap Etiquette**


**Term 2 schedule for  
Fitness Programs out  
now!**

**Continue reading to find out more information!**

# Learn to Swim

## ENROLMENTS STILL OPEN!

Term 2 runs from 28<sup>th</sup> April 2025 to 6<sup>th</sup> July 2025,  
with enrolments concluding Week 5 on Sunday 1<sup>st</sup>  
June 2025.

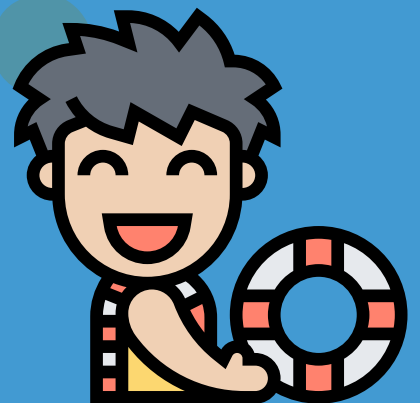


Swimming is a  
fantastic activity for  
all ages, especially  
children!

Children will develop essential life  
skills like confidence, coordination,  
and social skills all while having fun  
and staying active.

Learning to swim is a vital for safety, as it is  
a crucial life-saving skill!

It is also a fantastic way to boost well-being.

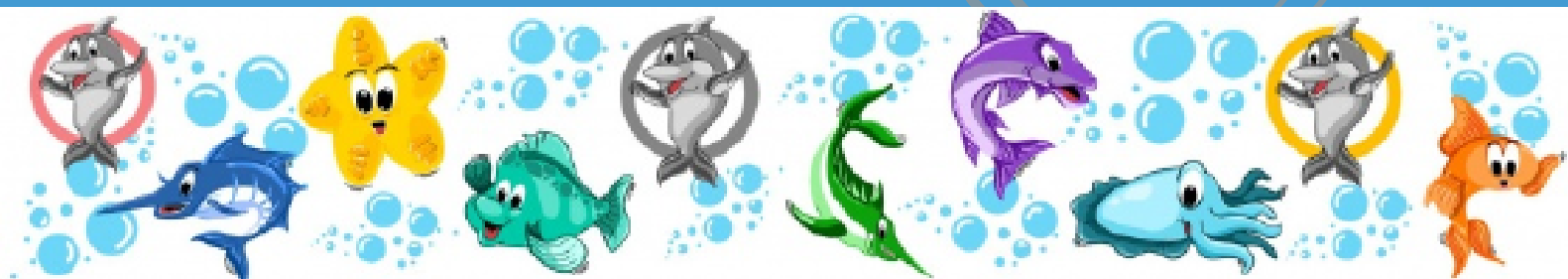


Join our amazing learn to swim community!



ENROL TODAY!

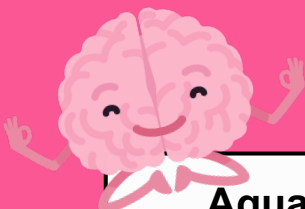
\*Levels and Class Times are Subject to Availability\*





# FITNESS PROGRAMS

*Get Active and Challenge Yourself!*



## **Aqua Zumba**

Provides a fun twist to traditional Aqua by bringing rhythm and dance!

## **Aqua Fitness**

Provides motivating and engaging water-based workouts for all abilities

## **Pilates**

Boosts mobility and strength in a dry based workout for all abilities

### **Tuesday Afternoons**

12:30pm - 1:30pm

### **Thursday Evenings**

6:30pm - 7:30pm

### **Monday Evenings**

6:30pm - 7:30pm

### **Friday Evenings**

6:00pm - 7:00pm

### **Saturday Mornings**

8:00am - 9:00am

### **Monday Evenings**

5:30pm - 6:30pm

### **Tuesday Evenings**

6:30pm - 7:30pm

### **Saturday Mornings**

9:30am - 10:30am

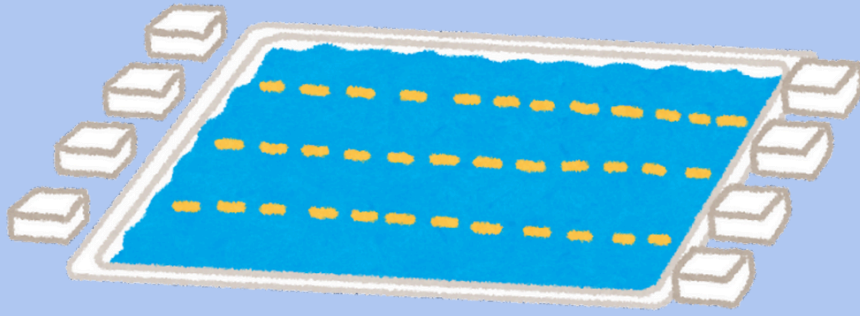
*Spots are limited!*

**Our Pre-Exercise Questionnaire will be required prior to making a booking or to participate in the programs.**

If you indicate YES' to any of the pre-screening questions, you will be required to obtain a medical clearance prior to sign-up.



# Lap Lane Etiquette



**To ensure your swimming is an enjoyable experience, please adhere to the following lap lane etiquettes:**

- Select a lane based on your ability and stroke(s) you intend to swim during your visit.
- Swimmers are asked to always enter the water feet first at the end of the pool and keep clear of other swimmers occupying the lane
- Lap swimming is to be conducted in a circular swim pattern, keeping to the left side of the lane.
- In order to pass a swimmer in front, swim past on the right and above the lane line when possible.
- Ensure full laps of the pool are being swum and avoid stopping in the middle of the lane at any time.
- If you must move across any lanes, check both directions before moving UNDER the lane ropes.

**Thank you for doing your part to ensure everyone can swim safely!**



# We Would Love to Hear from You!

**At Enfield Aquatic Centre, your experience is our top priority, and we always strive to make your visit enjoyable.**

Your feedback on our Learn to Swim program, Fitness classes or even our facilities is invaluable.

You can share your thoughts on the iPad by the exit, on Google or chat with one of our friendly staff members!

**If you have a moment, we'd be so grateful if you could leave us a review!**

**Whether it's something you love or an area we can improve, we are always eager to hear from you.**

