



Leisure Link



Linking you to the Ulladulla Leisure Centre
and Sussex Inlet Aquatic Centre
WINTER EDITION

Welcome to our Winter edition of Leisure Link. This newsletter is designed to keep you up to date with all the latest news and information from the Ulladulla Leisure Centre and the Sussex Inlet Aquatic Centre.

Some exciting events have been happening over the past few weeks and I would like to share them with you.

Major Award for Ulladulla Leisure Centre

The Ulladulla Leisure Centre was extremely proud to receive the prestigious Aquatic and Recreation Institute "Facility of the Year 2012" award. The award was based on various criteria with judges looking for high quality results across a range of different fields. This is a great team effort and it would not have been possible without our member's and patron's support. A big thank you to all concerned.

Tracy Dell & Susan Wright were both recent recipients of a Royal Lifesaving Society of Australia Associate award for promoting & furthering the aims & objectives of the RLSSA. Congratulations to both staff members for their recognition of service. Tracy is the learn to swim coordinator at Ulladulla and Susan is the Coordinator at Sussex Inlet.



Susan Wright



Tracy Dell

Maintenance and Improvements

You may notice a number of tradesmen working around the Centre of late. Some of the works being undertaken at Ulladulla at present include:

- 4 new bikes have been purchased for the gym
- Change rooms will be painted in the coming weeks
- New automatic doors will be fitted to the front entrance
- Heating and air conditioning controls are being upgraded and incorporated into the Building Management System
- The latest technology in solar panels is being installed on the gym roof. These panels are used to generate electricity and we hope to reduce our consumption by up to 10%. With spiralling energy costs this is a substantial saving.

Customer Feedback Survey

Thank you to all those people that filled out our customer feedback forms on the gym and swim school. This information will assist us in identifying where we can improve and help to serve you better.

Staff Changes

Kolo Fifita, our popular gym instructor has moved to take up residence in Canberra. Kolo was an elite Rugby Union player in his youth and his son has won a scholarship to follow in his father's footsteps. We wish Kolo and his family the very best in their new endeavours and hope to see his son representing his country in rugby union.

We welcome Dene Roulstone to the team. Dene will be taking over from Marion Lawson as Head Coach. Dene has been coaching for the past fifteen years and comes with a great deal of experience and an impressive resume. Dene has coached at all levels including State and National swimmers and been assistant coach to Rohan Taylor who coaches Olympic Swimmer Leisel Jones.

Dene will also be keeping an eye on our mini squad program to identify potential champions, so please do not hesitate to introduce yourself to Dene.



Ulladulla Leisure Centre

Corner Green & Warden St, Ulladulla NSW 2539

Shoalhaven City Council, PO Box 42, Nowra NSW 2541

PH: 02 4444 8811 FAX: 02 4454 4567

EMAIL: ulc@shoalhaven.nsw.gov.au



Sussex Inlet Aquatic Centre

Thompson St Sporting Complex, Sussex Inlet NSW 2540

Shoalhaven City Council, PO Box 42, Nowra NSW 2541

PH: 02 4406 2055 FAX: 02 4441 3388

EMAIL: siac@shoalhaven.nsw.gov.au



Around the Gym

Let's get Hard Core! Train like an athlete in 30 action-packed minutes. A strong core from your shoulders to your hips, will improve your athletic performance, will help back pain and will give you ripped abs!



Group Core is ideal for:

- Anyone wanting great looking abs
- Males seeking an athletic training session
- Those needing to be faster, quicker and stronger
- Individuals who are short on time and need a challenging, quick workout
- Athletes, former athletes, and "wannabe" athletes
- Those into the latest and hottest training methods

Get Fit with Personal Training

JUNE SPECIAL
3 sessions for only \$55
Casual gym entry included in price. Don't miss out on this great special!

Personal Training will:

- Give you motivation
- Introduce you to new equipment and exercises
- Accelerate weight loss
- Help you get fitter faster
- Make sure that every minute of your workout counts

Gym Equipment

Hopefully you are enjoying the new exercise bikes in the gym. They have some fabulous functions and fat burning programs. If you would like to learn how to use the bikes or work through the various program options, please see one of our gym supervisors who will be more than happy to assist you.

Next financial year will see some more cardiovascular and resistance equipment arriving at the centre. The fitness industry is extremely dynamic, and with technology always advancing, Ulladulla Leisure Centre strives to keep you up to date with some of the latest and most up-to-date equipment available.

New Membership Options

The new financial year will see a restructuring of our memberships. These new improvements will include a streamlining of our membership options with some exciting additional benefits. Some years, we have had to increase our membership prices to correspond with CPI increases. However, this year there are very few of our membership prices increasing in fact, some have decreased. A letter will be sent out shortly to our direct debit members explaining these membership improvements. Please see below the new memberships and the extra benefits that you will receive.

MEMBERSHIP	OLD Premium	NEW Complete Fitness	OLD Gym/Swim	NEW Fitness	OLD Premium Aquatic	NEW Complete Aquatic	OLD Aquatic	NEW Aquatic
ACCESS TO ALL SHOALHAVEN AQUATIC CENTRES		✓		✓		✓		✓
POOL	✓	✓	✓	✓	✓	✓	✓	✓
SPA	✓	✓	✓	✓	✓	✓		✓
WATER BASED FITNESS CLASSES	✓	✓			✓	✓		
GYM FACILITIES	✓	✓	✓	✓				
LAND BASED FITNESS CLASSES	✓	✓						
4 FITNESS CONSULTATIONS	✓	✓	✓	✓				
LOCKER	✓	✓				✓		
OCCASIONAL CHILD CARE		✓						
PRIVILEGE MEMBER DISCOUNTS		✓				✓		

* Concessions available and conditions apply to all memberships

	COMPLETE FITNESS	FITNESS	COMPLETE AQUATIC	AQUATIC
12 Months ADULT	\$740.00	\$645.00	\$550.00	\$400.00
12 Months CONCESSION	\$665.00	\$580.00	\$495.00	\$360.00
Direct Debit ADULT	\$72.00	\$63.00	\$54.00	\$39.00
Direct Debit CONCESSION	\$65.00	\$49.00	\$48.00	\$35.00

Dive In Learn to Swim



Important Dates:

- Feedback week is Monday 4th June and Tuesday 12th – Saturday 16th June
- Re-enrolment week for same day classes is Monday 18th – Saturday 23rd June
- Re-enrolment week for changes to day, time or teacher (dependant on availability) is Monday 25th – Saturday 30th June
- Enrolment week for new or returning students is from Monday 2nd July

Payments For Term 3 2012

- Full payment is to be made at time of enrolment
- Cancellations – notification of cancellation is requested in writing. Please read terms and conditions for further information
- Family complimentary passes are issued for missed lessons due to illness or extenuating circumstances. Please phone the centre to notify of your absence
- There will be a small price increase effective from term 3. Class fees have been increased from \$12.50 to \$12.80 per lesson

FITSWIM New Nights

Fitswim classes are available for adults wishing to improve their stroke technique and improve their fitness levels. This program is ideal for triathletes, surf club members, adult competitive swimmers and swimmers wishing to keep fit and healthy.

Tuesdays & Thursdays
9.00—10.00am
with Marian Lawson

Mondays, Tuesday & Thursday
6.30—8.00pm
with Dene Roulstone

Bookings are not required.

Pay casually or fees are included under the Complete Fitness or Complete Aquatic membership.

For further information on Fitswim or any other programs Phone:

Ulladulla Leisure Centre
4444 8811

IMPORTANT MESSAGE TO PARENTS!

It can be a challenge to remain motivated during winter months. Remember that swimming is a skill that needs continual practice to maintain and develop technique, maintain physical endurance and remember how to be safe in and around water environments. Any break can unfortunately result in technique being reduced and/or confidence being lost.

Our pool water and surrounds are kept at a constant temperature throughout the year. We also have showering facilities and change rooms to cater for girls, boys & families.

The following easy steps will help keep you children warm, happy and involved in their classes:

1. Come to the pool with layered clothing so you can remove your outer clothing and enjoy the warm surrounds.
2. Students should not swim prior to their lessons, but practice afterwards. This way they will not be too tired or cold to gain the most from their class.
3. Go home warm, dry and dressed for the environment outside. Make use of our power points inside the change rooms to use your hair drier. Wear home your winter woollies including your BEANIE!

If you are sick - What to do?

1. Stay away from the class to reduce the likelihood of spreading illness to other students and your teacher
2. Call the centre to notify us of your absence
3. If one or two classes are missed due to illness, and the centre is notified, a free complementary pass can be collected in lieu of the missed lesson. If three or more consecutive classes are missed, credit for future lessons can be applied for by presenting a doctors' certificate or letter of explanation.

Winners of our Swim School Free Term of Classes

The winners for this term are:

- Lucy Wells – Ulladulla Leisure Centre
- Jack Neall – Sussex Inlet Aquatic Centre

SQUAD PROGRAM

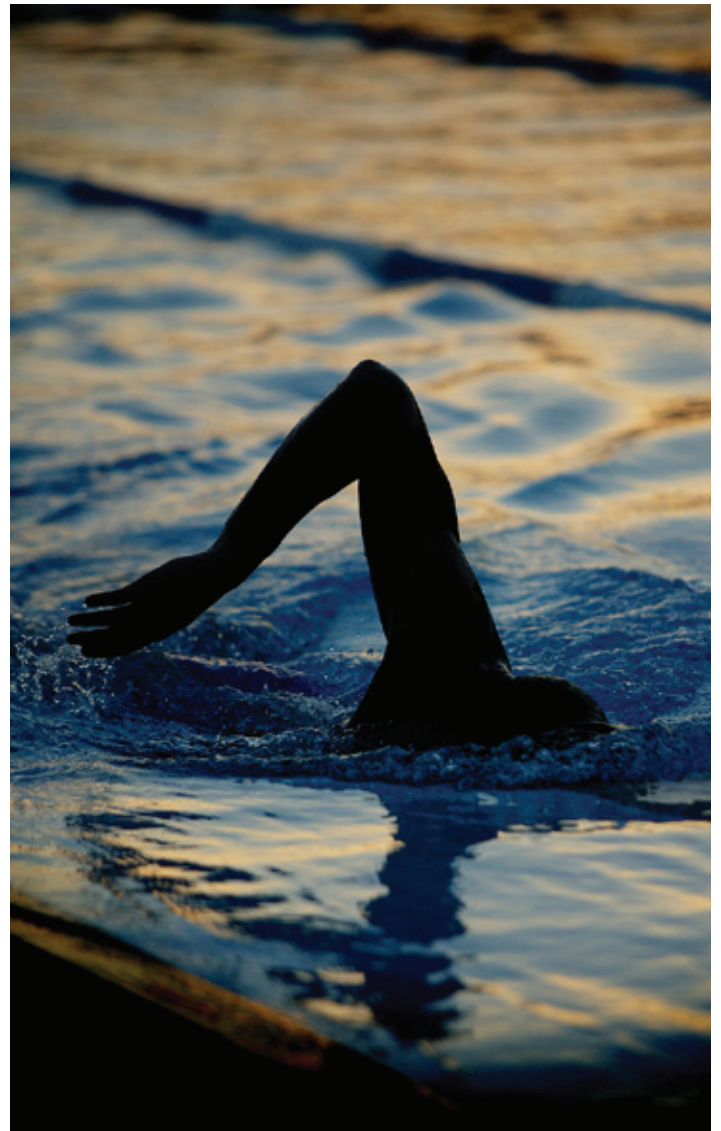
Join our team of champions and book into our squad program for term 3.

The Ulladulla Leisure Centre's Squad program is an extension to our Learn to Swim & Survive program. The levels are ability based with a progression between levels as technique, endurance & speed improve.

Enrolments can be made at any time during the year subject to class availability. All squad sessions are booked for the length of a school term (or holiday period) with fees based on the length of each individual session and the number of sessions in the term.

The following squad levels are available:

- **Mini Squad** - For those students who can correctly swim all strokes, this squad aims at increasing endurance over longer distances while also developing the foundations for training techniques
- **Bronze Squad** - For those students who can correctly swim all strokes and have a sound knowledge of correct starts, turns & finishes. This squad level aims at further developing stroke technique and endurance. An emphasis is placed on competitive swimming, endurance & speed.
- **Silver & Gold Squad** - For those students who have developed the discipline to train regularly for a specific purpose. This ability level is split into two groups based on age & quantity of sessions attended.



Come and join us Wednesday nights

At Ulladulla Leisure Centre

Ulladulla Swimming Club

Fun for all ages & abilities!

Beginners to Olympians!

Make new friends or bring yours!

Improve your swimming times!

Try before you buy - swim 3 Club Nights
before registering

Need more information?

Call Rong 4455 6230 (President)

ULLADULLA
SWIMMING CLUB INC.

Established 1963