



C&M Aquatic Centre

**August 2025
Newsletter**

📞 9774 2297

www.cmaquaticcentre.com.au

Important Dates

🎉 Race Night Friday 29th August & Friday 26th September 2025

🛑 **Safety** Week Monday 18th August to Saturday 23rd August

🟢 Holiday Program Early Bird Special
Monday 1st Sept to Saturday 13th Sept

🎊 Fun & Safety Week - Monday 22nd to Saturday 27th September

🟡 Holiday Program
Week 1 Monday 29th Sept to Friday 3rd Oct
Week 2 Tuesday 7th Oct to Friday 10th Oct

🟠 Term 4 Starts - Monday 13th October 2025

RACE NIGHT

FRIDAY 29th AUGUST

RACE 1:- FREESTYLE

RACE 2:- BUTTERFLY



UPCOMING RACE NIGHTS

Arrive 6:45pm for a 7pm Start

\$3.00 per competitor

FRIDAY 26th SEPTEMBER

RACE 1:- FREESTYLE

RACE 2:- INDIVIDUAL MEDLEY



**RACE 2:- BACKSTROKE
FISH & DOLPHIN LEVEL ONLY**



WEEK 5 SAFETY WEEK

Monday 18th to Saturday 23rd August

Swimming in different water environments can **SHOCK the best of swimmers!**

Our lesson plans enhance water safety awareness, build confidence & better prepare our students for challenges they may face in and around any water environment.

What you need for your lesson

- Swimming Cap
- Light summer clothing or pyjamas (to wear over your swimwear)
- Bag for wet clothing
- Squad equipment (if in squads)



Monday 1st to Saturday 13th September

Receive 10% discount when booking into 1 or 2 full weeks of the School Holiday Intensive Swim Program. This offer won't last long, get in quick to secure your ideal time!

School Holiday Program Dates

Week 1 Monday 29th September to Friday 3rd October (5 Days)

Week 2 Tuesday 7th to Friday 10th October (4 Days)

Week 1

5 Days Starfish to Dolphin

~~\$122.50~~ SPECIAL \$110.25

5 Days Marlin

~~\$125.00~~ SPECIAL \$112.50

Week 2

4 Days Starfish to Dolphin

~~\$98.00~~ SPECIAL \$88.20

4 Days Marlin

~~\$100.00~~ SPECIAL \$90.00

**Terms & Conditions apply*



SURF INTO SPRING WITH STITCH!

MONDAY 22ND TO SATURDAY 27TH SEPTEMBER

OHANA means FAMILY

and at C&M Aquatic Centre, you're apart of OURS!

Celebrate the last week of Term 3 in your best

Hawaiian Outfits

and Surf into spring alongside our Swimming Instructors

(Swimsuits do not have to be themed)



Active & Creative Kids voucher

C&M Aquatic Centre is a registered provider for the Active & creative Kids program. If you're eligible, you can use your \$50 vouchers towards your child's swimming lessons. Simply email your voucher to us or bring it to reception to redeem.



Voucher 2 – 2025: Available Now

- Apply for and use the voucher by: **14 July 2026**
- Submit your vouchers via email to contact@cmaquaticcentre.com.au

To check your eligibility and apply, visit service.nsw.gov.au

Morning Squads
Bronze & Silver

6am:- Tuesday, Wednesday & Thursday
7am:- Saturday Mornings

Amy **Connor** **Jack**

Start your morning right, with a swim!

Icons: SKILL, Endurance, Speed, Health & Fitness



See what's on this these school holidays!

CLASSES	TIMETABLE
STARFISH & JELLYFISH	WK 1: Monday to Friday / WK 2: Tuesday to Friday Every half hour from 8:00am to 11:30am
FISH	WK 1: Monday to Friday / WK 2: Tuesday to Friday 8:30am, 9:00am, 9:30am
DOLPHIN	WK 1: Monday to Friday / WK 2: Tuesday to Friday 8:00am – 8:30am
MARLIN	WK 1: Monday to Friday / WK 2: Tuesday to Friday 7:45am- 8:30am
BRONZE & SILVER	Tuesday, Wednesday, Thursday & Friday Mornings 6:45am- 7:45am
Swim Camp	Thursday 2 nd October Thursday 9 th October 8:30am – 12:30pm
SWIM CLINIC	Week 1 – Starfish Freestyle Arms Monday 8am & 8:45am Week 1 & Week 2 :- Jellyfish Freestyle – Tuesday's 9:30am Jellyfish Backstroke – Wednesday's 9:30am Fish Breaststroke kick & Backstroke – Tuesday's & Wednesday's 10:15am Dolphin & Marlin Breaststroke & Butterfly – Friday's 9:30am



Intensive program or Flexible bookings

Swim Camp



SWIM CLINIC

Squads & Stroke Correction Classes



To make a booking or for enquires please call us on 9774 2297
or email:- contact@cmaquaticcentre.com.au

Swimming Accessories



2-in-1 Kick Board & Back Bubble

Perfect for swim learners, this clever combo offers:

- ✓ Supportive back bubble for confidence in the water
- ✓ Detachable kickboard to strengthen kicks and strokes
- ✓ Bright, kid friendly design that makes swim time **FUN!**

Available Now

\$15.00



Swim Nappies



~~WAS 27.50~~

NOW \$16.50



Zoggs Swimsure Nappy provides the ideal combination of comfort and peace of mind. Your baby can enjoy their time in the water and you can enjoy your time with your baby without embarrassing accidents and do a little bit for the environment.

Mesh Equipment Bags



A quick dry, extra wide, mesh bag for all of your swimming gear.
Allows your equipment to dry & avoid molding
Premium quality, quick dry mesh
Double reinforced stitching
Broad shoulder strap
Name tag for easy identification

Available Now

\$21.00