



SPECIAL POINTS OF INTEREST:

- ◆ Saturday night LATE NIGHT!!
- ◆ Upcoming Car Sticker Comp — lots of great prizes!

INSIDE THIS ISSUE:

<ul style="list-style-type: none"> • Saturday Nights • Holiday Intensives • Mini Olympics • News from Centre Manager - Chris Bray. 	1
<ul style="list-style-type: none"> • Gym News • Class Pass • Inflatable times • Pool Closures • Adult Squad 	2
<ul style="list-style-type: none"> • JWSS News • PWCSC News • Squad News • Kiosk Specials 	3
<ul style="list-style-type: none"> • The 2012 Sticker Competition! 	4

SATURDAY NIGHT LATE NIGHT!!
OPEN TIL 8:30PM
STARTS 7 JANUARY 2012
INFLATABLES 6PM TO 8PM

SCHOOL HOLIDAY INTENSIVES
 • JAN 9 - 13 •
 • JAN 16-20 •
 • 1 WEEK - \$60 • 2 WEEKS - \$110 •
 REGULAR CLASSES ARE STILL AVAILABLE
BOOK NOW!
 PHONE: 5491 8799

Mini Olympics
Saturday 18th
 February 1pm-3pm
 Come along for a day full of races, games, prizes, The Paddle Pop **Lion, free entry... And lots of FUN!!!**
 Register at the Swim School Office From Mon 30 Jan

News from Centre Manager Chris Bray



It is always inspiring and satisfying to read about the achievements of those that visit the

Centre. Our State pool swimmers and resident Ironman, Corey, have been going great guns of late as they work towards their main goals for the year.

New to the coast and starting January 7 is our Late Night Inflatables (6pm tp 8pm) and Opening (til 8:30pm) every Saturday in January.

A great way to spend a lazy summer evening. Set the children a challenge and see if they can break the unofficial World Record at 18.75 sec.

To help you to experience all the Centre has to offer we have introduced our New Centre Class Pass and reduced the price on our Centre Gold Pass (Gym/Swim/Skate)- great ways to make one fortnightly payment for unlimited use.

January 14 again sees the Pelican Waters Caloundra

Swimming Club host their annual Sprint Meet— with over 400 swimmers the 50m Pool will be closed to the public from 7:30am to 4:30am on this day.

As with any new year, 2012 presents itself with exciting challenges and new opportunities, I will be including some physical activity and lifestyle goals into my resolutions. Why not do the same and and get us to help you achieve them.

See you Around the Pools!!



GYM News with Beau & Zemma

Kirsten, our fabulous wonderful and experienced trainer is going to share her wealth of knowledge in a free **info session!** That's right free!!! Its on Tuesday the 31st of January at 11.30am, just before the group circuit, so come and get educated and then fit straight afterwards, it's a fantastic opportunity!



Had some fantastic Christmas/New Year celebrations??! Over indulged... just a little bit??! DONT DESPAIR! We have a wonderful team of knowledgeable and experienced Personal Trainers here to get you going and see results fast.

We also have a great variety of memberships on offer at the cheapest rate in

Caloundra. With no Direct Debit or hidden charges, no upfront costs and complimentary comprehensive programs, we challenge you to find a better deal!

We have weights and cardio circuit classes, a pilates/core strengthening class and boxing all free with your membership.

We also now have full Centre Class Pass memberships available. Come in and see us today and our friendly staff will answer any of your questions.



CHOOSE YOUR STYLE OF FITNESS!

- TRY OUT OUR
- CIRCUIT CLASSES,
- AQUA FITNESS-
- ADULT SQUAD (all levels invited) (heated pools!)

UNLIMITED choice of classes for only \$20.00 per week (direct-debit)

- OR
- \$80.00 for 4 weeks
- OR
- 10 Visit Pass - \$90.00

**Child Minding available for some classes*

Pool Closures and changes to opening hours

Sunday 01/01/12:
OPEN: 9am-6pm

Monday 02/01/12:
OPEN: 9am-6pm

Saturday 07/01/12:
Late Night
OPEN: 6am-8.30pm

Saturday 14/01/12:
Pelican Waters
Caloundra Swim
Club Carnival.
Open to 8.30 pm.

Saturday 21/01/12:
Late Night
OPEN: 6am-8.30pm

Thursday 26/01/12:
Australia Day
OPEN 9am-5pm

Saturday 28/01/12:
Late Night
OPEN: 6am-8.30pm

Up every week-end:
Sat: 10.00am-12.00n
(25m infl.)
Sun: 2.00pm - 4.00pm
(14m infl.)
ALSO EVERY DAY OVER
THE HOLIDAYS



Adult Fitness Squad with Jess

TRAINING TIMES

Tuesday:
8am - 9am
6pm - 7pm

Thursday:
8am - 9am
6pm - 7pm

Saturday:
7am to 8am



Our adult squad is looking forward to one of the best years yet. Hope you all enjoyed your Christmas. Now its time to work off those extra drinks and nibbles that we all indulged in... Good luck to all of those who are competing at different events this month. We have lots of ocean swims, triathlons and swim meets coming up so keep checking the board. For the second half of summer we are introducing a NEW

Wednesday morning squad session for those early risers and for those that wish to fit in an extra session and reap the rewards. More Information soon. What are your plans and goals for this year? Come and try your first session for FREE and enjoy a much needed coffee and chat afterwards. "Take care of your body. Its the only place you have to live."

Happy swimming, Jess.

JWSS News with Kristy Wallace



HOLIDAY INTENSIVES

If you have time over the holidays to add an Intensive Week of lessons into your busy schedule you will find it a huge benefit for **your child's progress**. See Kristy to book into one or more of the following weeks.

WEEK 1: January 9-13

WEEK 2: January 16-20

THE 2012 MINI OLYMPICS will be held on Saturday FEBRUARY 18 from 1:00pm – 3:00pm so make sure to keep that date free! You can put your name down to attend from Monday 30 January at the **swim school office**. If you're not sure what our Mini Olympics involves, well it's for Starfish Beginners through to Marlins. Full of races, games, prizes, free entry.... and FUN!!! We will also be having a SPECIAL visit from the Streets Ice Cream Paddle Pop Lion!



Pelican Waters Caloundra Swim Club

A big congratulations to all the swimmers who competed at the State Titles during December, we had some fantastic results and hopefully have given some of our younger swimmers a big boost of confidence moving forward to the second part of the season.

A reminder to all members about the Pelican Waters Swim Meet (14/01/12), make sure you get your nominations in on time and you race hard, this is our own home meet and we are hoping to put in a strong performance!

Also a reminder to check your calendars for all the upcoming swim meets, the second half of the season is jam packed so we all need to ensure that we are organised.



Squad News with Michael Bromley

I hope everyone has enjoyed their well-earned festive break and is ready for action in 2012!

We had much excitement during December with state titles for the pool swimmers, everyone swam fantastically with some great experiences

for our younger club members in the relays and some extraordinary PBs by those in individual events. On the results front Mel, Molly, Tessa and Tianni all collected medals and will look to improve on their results as they work toward Olympic trials in March.

The Nutri-Grain series has kicked off again and our

regular bearded man Corey has again surprised everyone (with exception of the coaches) with an outstanding performance for second place in the first round on the Gold Coast. We look forward to the rest of the season with hopefully some more great results to come.

Again I just wish to remind everyone that if you are to

achieve your goals it is entirely dependent on you! Turning up to the pool is **half the battle, it's the effort** in the water that really makes the difference, we have all heard it before and will hear it a thousand more times I'm sure....**if it's going to be, it's up to me!**

Wishing everyone the best of luck for 2012.

Kiosk: A Great Place to Relax

SPECIALS

Pizza and Medium Slushee.....\$4.00

Regular Hot Drink with Scones, Jam & Cream \$4.00

Product of the Month: Iced Coffee or Iced Chocolate..\$4.00

Don't forget to hand in your completed coffee card to go in the draw for a One Week Pass to our Gym!



**CALOUNDRA
AQUATIC
LIFESTYLE
CENTRE**

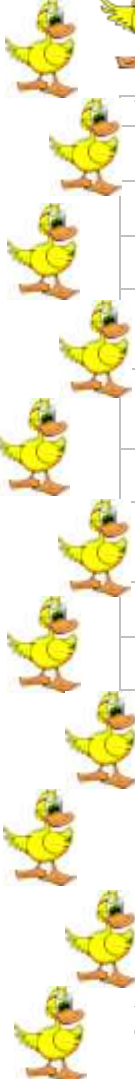
Phone: 5491 8799

Fax: 5491 9981

Website:

caloundra-aquatic.com.au

Car Sticker Competition



Display this sticker and you could win!
See instructions below!
Begins Feb 06.



Week	John Wallace Swim School Prizes	Value	Caloundra Aquatic Lifestyle Centre Prizes	Value
06.02.12	Vorgee Back Pack filled with Swim cap, Goggles, Goggle Case & Drink Bottle	\$100	2 week Class Pass	\$40
13.02.12	2 X Family Swim Pass (including mat hire and box of hot chips) Valid for 3 months.	\$40	Drink Bottle, Goggle Case, Goggles & Swim Cap.	\$30
20.02.12	30min private stroke correction for child or adult	\$45	10 Visit Class Pass (Valid for 6months)	\$90
27.02.12	30 minute private stroke correction for child or Adult + JWSS Swim Cap & Drink Bottle.	\$60	18x Medium Hot Drink Voucher	\$50
05.03.12	Vorgee Back Pack filled with Swim cap, Goggles, Goggle Case & Drink Bottle	\$100	1 Week unlimited Gym entry including one personal training session with Full Throttle Fitness (valid for 3 months)	\$100
12.03.12	30min private stroke correction for child or adult	\$45	1 Month Class Pass	\$80
19.03.12	30 minute private stroke correction for child or adult + JWSS Swim Cap & Drink Bottle.	\$60	2 X Family Swim Pass (including mat hire and box of hot chips) (Valid for 3 months.)	\$40
26.03.12	2 X Family Swim Pass (including mat hire and box of hot chips) Valid for 3 months.	\$40	Vorgee Back Pack filled with Swim cap, Goggles, Goggle Case & Drink Bottle.	\$100
MAJOR	JWSS \$150 Voucher for consecutive lessons.	\$150	4 Week Gold Pass + 4 Week Class Pass	\$164

Enter now, here's how...

- 1/ Choose whether you would like to display a John Wallace Swim School Sticker or a Caloundra Aquatic Lifestyle Centre Sticker (Or Both!)
- 2/ Stick your sticker on the back of your car.
- 3/ Take a photo of your car with the sticker displayed.
- 4/ Email your photo to admin@caloundra-aquatic.com.au, with your Name and Contact Details!

By entering the competition the entrants agree to the following: 1. The judges' decision is final and no correspondence will be entered into; 2. The prize is neither transferable nor exchangeable; 3. Caloundra Aquatic Lifestyle Centre have the rights to publish the competition entries; 4. Caloundra Aquatic Lifestyle Centre may duplicate, alter, adapt and utilise the images provided by the entrant as the Centre wishes at any time, anywhere and by any means.



**CALOUNDRA
AQUATIC
LIFESTYLE
CENTRE**

SOMETHING FOR EVERYONE:

Heated Indoor Pool

Giant Inflatables!

5 STAR SKATE PARK

BBQ Areas

Land & Water FITNESS CLASSES

Adventure play pool

FULL KIOSK!!

Giant Inflatables EVERY weekday* for the Christmas Holidays!!

12.12.2011 - 20.01.2012

10am-12pm Monday-Friday.

* Excluding public holidays.
* Subject to change without notice.

Gym
from \$8.95 /wk.

Holiday Fun and Fitness for the whole family!

ALSO AVAILABLE FOR PARTIES AND PRIVATE HIRE
PH: 5491 8799

