



Positive Living e-Newsletter

February 2011



socialise - feel great -
be active

Sydney Swans academy at The Forum

Encouraging youth development

The QBE Sydney Swans Academy has chosen the facilities at The Forum's Sports & Aquatic Centre, University to be the Hunter venue for boys as young as nine years old to learn skills to shape them into future Swans players.

At the first Academy training session, NUsport CEO Chris Hicks, welcomed former Head Coach of the QBE Sydney Swans, Paul Roos and the Academy staff.

Newcastle University Sport's (NUsport) training facilities are used by many national and representative teams as well University sport clubs. This is part of our wider commitment to supporting University, elite and junior athletes.

'We are pleased to partner the Sydney Swans Academy to provide this important opportunity for young AFL players' Chris Hicks said.

To enhance sporting development in the region NUsport works closely with organisations including the NSW Institute of Sport, Hunter Academy of Sport, Australian Sports Commission, Australian University Sport, Newcastle Jets and Newcastle Knights.



Swimming carnivals

The carnivals have started, find out about our pool closure times.

The Forum is proud to host school swimming carnivals in 2011. The pool will be closed to the general public during carnival time, so please refer to the following [schedule](#) during February and March for lane availability.

[Alternative aqua fitness](#) classes have also been scheduled during the carnival period.

[Click here to find out more about what's on at The Forum.](#)



Lifestyle courses

Choose from Triathlon Training, Run for Fun to Fighting Fit for Women and Learn to Surf!

TRIATHLON TRAINING

It's time to challenge yourself, push your fitness levels to the limit, and get involved in this year's NBN Sparke Helmore Triathlon!

The Forum's Triathlon Training course will have you fit and ready for one of the region's largest health and fitness events held on 20 March. This six week course is perfect for you if you have thought about triathlons but not known where to start, need some race advice or simply want to experience a different style of fitness training.

To be part of our team contact info@theforum.org.au or simply [click here](#) to enrol and find out about our other short courses.

RUN FOR FUN

If you would like to improve your running technique, time and gain some crucial running tips, join this dedicated six week course now. Course 1 will have you ready for the Hill to Harbour on 3 April, and Course 2 leads into the City 2 Surf on 14 August. There is no better way to get in shape for two of the





year's biggest fun runs!

FIGHTING FIT FOR WOMEN

Love the idea of boxing for fitness but not keen on contact? Come and try our 6 week women only boxing course. Starts 15 March, don't miss out!

LEARN TO SURF

Learn to surf at one of Newcastle's favourite beaches. The team at Surfest will have you up and riding before you know it! First lesson Sunday 27 February, don't miss out!

Register for these courses and more [click here](#)



Group Fitness at The Forum

Come along to our new Yoga class at The Forum Harbourside!

The Forum Harbourside has introduced a Yoga class to its timetable! Mondays at 7:15am. Yoga is a class to be enjoyed by all ages and fitness levels, and is designed to strengthen and enhance your flexibility.



Ditch the workout & join the party! Zumba is @ The Forum!

Zumba is a Latin Dance-Fitness that incorporates hypnotic rhythms and easy to follow dance moves. Zumba is a fun, exhilarating class that burns up those unwanted calories and helps achieve long term health benefits.

Zumba is @ The Forum University

Tuesdays 10am and Thursdays 5.30pm

Zumba is @ The Forum Harbourside

Wednesdays and Fridays @ 6.30pm



[Click here to find out more about our timetables](#)

Isobar on board as new sponsor

The Forum would like to extend our gratitude to Isobar, who have generously agreed to sponsor our social sport competitions this year!

Ideally located on the harbour side of The Forum Health & Wellness Centre, Isobar provides a sophisticated dining experience combined with a relaxed split-level environment and amazing views of Newcastle harbour.

The Forum is excited about its partnership with Isobar. Join one of our social sport competitions commencing Semester One and be part of the fun at The Forum!

[Click here to find out more about our social sport competitions](#)



New Volleyball competition

You asked for it! The Forum has added a volleyball competition to the schedule of social sports!



2011 is set to be a big year for social sport, with the addition of a new mixed volleyball competition and of course, our regular netball, basketball, touch football and indoor soccer competitions.

Registrations are open now for Semester One – hurry, spaces are strictly limited.

[Click here to find out more about our social sport competitions](#)

What you told us

You told us what you want to make your experience at The Forum a better one, and we have listened!

We are committed to making your time at The Forum an

enjoyable experience and as such, we have listened to your suggestions from our recent Member Survey.



The Forum is excited to announce that fans have been upgraded in Studio 1 at the University, and more fans will be installed at The Forum Harbourside over the coming period.

We at The Forum value your feedback and thank those members who participated in the survey. We will continue to provide you with the best facilities to make your workout as enjoyable as possible.

[Click here to find out more about our facilities](#)

Kids enjoy summer at The Forum

Over 1500 kids visited The Forum over the Summer period and participated in our Swim Academy holiday intensive program, SplashZone or celebrated a birthday with us.

There is no better way to keep your kids active in the holidays than to participate in one of The Forum's Activities for Kids.

[Click here to find out what's on offer.](#)

Member of the Month

Congratulations to Jacob O'Hearn

How long have you been a member of the form?

I became a member of The Forum when I was studying uni full time in 2008.

What keeps you coming back to the forum?

The main things that keep me coming back to The Forum is the modern equipment and the convenience of the location at Honeysuckle.

Did you have any personal goals when you joined? Have

you gone about achieving them?

I guess like most people, I joined the gym to become healthier and improve my fitness. The main goal I try and achieve is to actually attend the gym at least 3 times after work per week.

Another of my goals was to become member of the month.....there's a \$10,000 prize right?

[Click here to find out about our membership options and how to become member](#)

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