



Positive Living e-newsletter

June 2011



Swim with Susie
O'Neill!

Splash for Cash

Come and watch Susie O'Neill in action at The Forum!

Come and join Australian Olympic swimming champions, Justin Norris and Susie O'Neill, with NEWFM radio announcer, Sarah Levett, for the annual Royal Institute for Deaf and Blind Children's (RIDBC) Swimathon.

Whether you want to swim one lap or 100, everyone is invited to join in the fun to raise money for the Hunter's RIDBC kids.

The swimathon will be held on Sunday 26 June between 9:30 and 2:30. The pool will be closed for public swimming during this time.

There will be a BBQ and activities for the kids, so come along and enjoy the day!

[Click here to start fundraising](#)



13th Australian Masters Games

Get off the couch, get into training and get your team together!

NUsport is calling for Alumni of the University of Newcastle to represent our University at the 13th Australian Masters Games in Adelaide 7 – 16 October 2011.

If you are over the age of 30 you are eligible.

[Click here for more information](#)



Vision Australia

The Forum and Vision Australia joined forces to help people who are blind or have low vision participate in gym classes.

During an eight-week program, participants were shown how to safely navigate the layout of the gym, learn how to use resistance machines, perform free-weight exercises correctly and participate in aerobic classes.

Participants of the program credited The Forum staff for making them feel comfortable and giving them the independence of being able to attend the gym without the assistance of a trainer.

The Forum is committed to making its facilities easily accessible for everyone and helping people become part of our active community.

[Click here for The Forum's health, fitness and lifestyle courses](#)



The Forum's 100km walk for Oxfam

Forum members to tackle 100 kilometres of Australian bush in 48 hours for Oxfam

The group of 13, including Forum trainer Tony Cleva, will start the 100km Oxfam Trailwalker trek from the Hawksbury River on 26 August finishing at Sydney Harbour.

Trainer, Tony Cleva, said the walk is a great team challenge.

"The training has included The Forum's Group Fitness classes such RPM and Body Pump to increase their overall fitness and prepare them for the trek," Tony said.

The team includes members Sarah Walker, Sally Mole, Sally Marler, Melanie Owens, Alison King, Alesha Hancock, Ann-Maree Nash, James Vorenkamp, Bradley Nolan, Matt Bragg, John Ivancic, Dan Drayton.

Oxfam Australia is part of a global movement of dedicated people working to fight poverty and injustice.

The Forum is inviting the Newcastle community to support the team by donating to their cause.

[Click here to find out about our Club Sports and how to join](#)



Run for Fun commences 6 July 2011

Get ready for the City 2 Surf 14 August 2011

Improve your technique and time, gain some crucial running tips from Fergus in this dedicated six week course. Get your friends together and focus on the next big event - the City 2 Surf.

Course commences: Wednesday 6 July 2011

Cost: \$90.00

Venue & Time: The Forum, Harbourside; 6.15am

[Enrol now!](#)



Lift for Life

Exercise Made Easy!

The Forum is now part of a network working with the Baker IDI Heart & Diabetes Institute to give people with and at risk of Type 2 Diabetes access to specialised health and fitness programs.

Conducted in small groups over six months, participants work toward better diabetes control, increased muscle strength and tone, healthier weight, stronger bones, improved flexibility, balance and posture and improved mood and increased energy. The program can be rebated through selected private health insurers.

NUsport's, Nadine Watson, is the Exercise Physiologist (EP) registered to deliver the program.

The first Life for Life program will begin 11 July to coincide with Diabetes Week. If you would like to find out more about the program, please contact Director Programs

Roxana.Olivares@newcastle.edu.au



Swim Academy and Holiday Intensives Program

Enrolments open for The Forum's Swim Academy and July Holiday Intensives program!

The Forum is holding a swim program that is ideal for kids of all fitness levels, from beginner to competitive swimmers. Our next program commences 11 July 2011.

The Program is held over five consecutive days for Yellow 3, Red 1 and Red 2 levels. Red 3 sessions are also available during the week.

It offers a structured daily lesson, designed to develop and enhance your child's skills, technique and swim safety awareness. Your child gets the opportunity to practise their skills more often which helps them to retain the skills they pick up in each lesson.

For those new to The Forum Swim Academy, The Forum provides a free assessment. Simply come to The Forum, University on Wednesdays at 5.30pm or Saturdays at 11.30am

for a free assessment.

Term 3 enrolments are also now open for The Forum's Swim Academy swimming lessons.

[Click here for more information about the Swim Academy and Intensives Program](#)



Speedo Sale

The Forum has slashed prices for the month of June in the retail store.

The Forum is taking 30% off all Speedo swimwear (does not include Speedo accessories) as well as reduced prices for Forum Merchandise (selected lines).

So come in and grab a bargain whilst stocks last – offer ends June 30!

[Click here to find out about other activities at The Forum](#)



Huge team representing our University at the Eastern University Games, Canberra

The Eastern University Games are being held in Canberra between 3 – 7 July and there will be a huge team of 190 students representing our University.

Teams in Basketball, Football, Futsal, Hockey, Lawn Bowls, Netball, Rugby, Squash, Tennis, Touch, Ultimate Frisbee and Volleyball will be competing against other NSW Universities.

Keep your eye out on our website for competition results and details throughout the event.

Our next events are the AUC Snow Sports Championships in Thredbo 28 August – 1 September; AUC Triathlon and AUC Distance Running Championships 18 September; Australian University Games on the Gold Coast 25 – 30 September.

Don't miss out on your chance to represent your University!

[Click here for more information about the University Games](#)

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