



Positive Living e-newsletter

March 2011



**Apple for your thoughts?**

**Click here for our Member Survey results**

## What you told us

**You asked for it...so watch out for the changes coming to The Forum.**

A total of 1,675 members completed our recent member survey and we have received some great suggestions on how we can improve!

A number of members asked to be contacted regarding their comments in the member survey. As the survey was anonymous we cannot link members details to comments. If you would still like to be contacted, please get in touch with one of our Centre Managers who can help you out.

[Click here to view a summary table of results](#)



## The Forum Swim Academy is growing

**Enrol your kids into The Forum Swim Academy and give them a skill for life!**

Enrolments for Term 2 Swim Academy at The Forum, University are now open!

Due to popular demand, there are more lessons to choose from and lessons are available six mornings per week.

Term 2 commences 27 April 2011. Bookings can be made through our Member Relations team at reception. Re-enrol by 12 noon Saturday 2 April and go in the draw to win one free Learn to Swim term.

The Forum also holds free assessments for new enrolments – bookings are not required.

[Click here for more information about our Swim Academy](#)



## Swim Intensives

### Enrol for swim intensives over the Easter holidays

The Forum's Swim Intensives program is the perfect way to keep the kids occupied during the holidays and help burn up the Easter egg energy!

The program is held over consecutive days for Yellow 3, Red 1, Red 2 and Red 3 level swimmers at The Forum, University during the Easter holidays.

We offer 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, a free assessment needs to be completed before you book. Simply come to The Forum, University on Wednesdays at 5.30pm or Saturdays at 11.30am for a free assessment.

[Enrol now for swim intensives over the Easter holidays](#)



## Campus Scamper

**The Campus Scamper is an annual event that attracts some 300 competitors ranging from the elite athlete to the Sunday stroller.**

The event will be held at The Forum University on Saturday 9 April 2011, starting at 10am.

The three kilometre walk or five kilometre run starts at University No. 2 Oval (outside The Forum Sports & Aquatic Centre) and winds its way round the picturesque Callaghan campus.

Open to University students, staff and the all Forum members, don't miss your chance to be involved on one of the most anticipated events of the University Sport Calendar!

[More information on the Campus Scamper here](#)



## Nominations for Sports Awards

### Nominations are now open for the 2010 Sports Awards

Award categories include Blues, Colours, Sports Person of the Year and Sports Club of the Year.

[Click here information about the Sports Awards or to complete a nomination form.](#)



## Lifestyle Courses

### The Forum has a range of fun and exciting lifestyle courses available

From fitness and dancing, to dolphin cruises and vineyard tours, The Forum offers its members some great lifestyle courses to get involved in.

We have a range of activities including yoga, first aid courses, Fighting Fit classes, Modern Jive, Hip Hop dance classes, martial arts, Dolphin cruises and Vineyard tours.

These are just a sample of the fun, educational and active courses that are available at The Forum.

[Click here for a full list of our Lifestyle Courses](#)



## Sparke Helmore Triathlon

### Come and be part of The Forum's Sparke Helmore Triathlon team!

Staff and members from The Forum will be participating in this year's Sparke Helmore Triathlon on Sunday 20 March at the Newcastle Foreshore.

We encourage everyone to come down and support The Forum team, and drop in and say hi to the team at The Forum marquee.

Don't forget this year's Hill to Harbour which is happening on 3 April! Our six week Run for Fun course which start on 9 March is the lead up to this event and will get you fit and ready to race!

We are still taking enrolments, so [click here](#) for all the details.

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