



Positive Living e-newsletter

November 2011



Come along to our  
live broadcast!

## The Forum's on the radio

We are open and on air on Wednesday 30 November. Be part of our live radio broadcast on 2NURFM. And bring a friend for free!

**Radio 2NURFM (103.7FM)** will broadcast live from The Forum University between 9am and 12pm on Wednesday 30 November. Members can bring along a friend to try out one of the group fitness classes, gymnasium, pool and aqua classes free of charge. There will also be prizes every hour and entertainment from the team at 2NURFM.

On the day, The Forum team will speak about functional fitness for all ages through nutrition, aqua fitness, personal training, gym and group fitness

Keep the date and time free, and come along for a morning of fun, activity and lots of prizes.

[Click here to find out more about the live broadcast](#)



## Swimming skills for life

Keep the kids busy and give them a skill for life with the Holiday Intensives swim program

The Forum Swim Academy holiday intensive program is ideal for all children from beginners through to competitive swimmers.

Our holiday intensive program is run over consecutive days for Yellow 3, Red 1 and Red 2 levels. Sessions can be booked individually for Red 3 swimmers as both AM and PM sessions are available.

By participating in a structured daily lesson, the program is designed to develop and enhance your child's skills, technique and swim safety awareness. This is achieved by providing your child with the opportunity to practise skills more often which assists in the retention of skills being taught during each lesson.

With swimming carnival season just around the corner in the new year, there is no better way to get your kids ready and enthusiastic about swimming. The program is fun and will keep kids active and entertained - vital to the well-being of parents over the school holiday period!

For those new to The Forum Swim Academy, an assessment is required before booking. Free assessments are held Wednesdays at 5.30pm and Saturdays at 11.30am.

No need to book, just call in.

[Click here for more activities for kids](#)



## Get your kids water safe this Summer

Enrol your child in Term 1 of the 2012 Swim Academy

We are now taking enrolments in The Forum Swim Academy for Term 1 of 2012.

The Forum Swim Academy is available for all ages, from six months through to adults, and all swimming abilities. The program promotes water awareness, confidence, fitness and

stroke development.

All coaches are qualified with the Australian Swimming Coaches and Teachers Association (ASCTA), and instructors and lifeguards hold current AUSTSWIM and Royal Life Saving qualifications, as well as CPR certificates.

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



## A healthy gift

Why not spoil yourself, or a loved one, this Christmas with a membership at The Forum.

If the thought of shopping for a Christmas present is harder to take than an early morning PT session, then The Forum has the answer.

Start the New Year with a new you and invest in a Forum gift voucher. It is perfect gift idea for singles, or couples who like the added motivation of working out with a partner.

The Forum has a range of flexible membership packages available, is home to the region's only heated indoor 50m pool and has more than 130 group fitness classes every week.

Membership information is available online or by contacting The Forum University or The Forum Harbourside on 4921 7001.

[Click here to find out more about The Forum's membership options](#)



## Speedo sale

Come and grab a bargain on our full range of Speedo swimmers

Just in time for Christmas and the Summer season, new Speedo swimmers are now on sale at the swim shop in the foyer of The Forum University.

Remember that all members of The Forum receive a 20% discount on all merchandise purchases.

There are also some fantastic swimming accessories available,

the perfect stocking filler this Christmas.

[Click here to find out about Member Benefits](#)

## The total body workout

The Forum has introduced three new TRX classes to its timetable.

TRX training is the new revolutionary exercise program offering suspension training using your own body weight. It's designed to build power, core stability, strength, flexibility and give an overall body workout. TRX classes are great for cardio vascular fitness, burning fat more efficiently, gaining muscle and boosting metabolism.

The Forum has introduced three TRX classes at Harbourside, every Tuesday, Wednesday and Friday.

Come and try our TRX classes at The Forum, Harbourside and discover a new workout guaranteed to add variety to your normal routine.

[Click here to find out more about fitness at The Forum](#)



## RPM Enduro - Race for a Reason

Don't miss out on your bike for the pack ride on Sunday 4 December!

Come along to the biggest RPM class of the year! The RPM Race for a Reason Enduro Event will happen on **Sunday 4 December 2011, 8.30am at The Forum Harbourside.**

This two hour RPM class will be lead by cycling sensations Tony, Cameron, Shane, Sara, Bonz and Tristan. Race for a Reason is in support of Hunter Life Education and tickets cost \$20 with proceeds going to [Hunter Life Education](#).

Tickets are to be purchased from The Forum reception. Book your bike early so you don't miss out.

[Check out our group fitness schedule here.](#)

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