



Positive Living e-newsletter

September 2011



**New facilities
coming soon!**

Renovations almost complete

The Forum Harbourside will be closed for a few days to allow for the final touches to be added to renovations

The Forum Harbourside renovations are making way for the inclusion of new state-of-the-art equipment as well as the redesign of floor space to provide additional training areas, more treadmills and cardio equipment

This is a \$750,000 investment into a facility that will better meet members' needs.

Harbourside will close from Monday 17 October and reopen Saturday 29 October to allow for final fit-out and the final touches put to the renovations. During this short closure members have access to The Forum's University facilities, including childminding and additional classes at no charge.

[Click here to read more about the renovations](#)



Long Weekend

The Forum will be open over the long weekend

The Forum University and Harbourside will be open over the October long weekend, however child-minding at The Forum University will not operate on Sunday 2 and Monday 3 October and there will be no swimming assessments on Saturday 1 October.

[Click here for The Forum's Harbourside long weekend timetable](#)

[Click here for The Forum's University long weekend timetable](#)



Are your kids swim-safe for summer?

Making sure kids learn how to swim is now more convenient with additional classes available in time for summer

The Forum is now offering Sunday lessons to swimmers of all abilities and levels and in time for Term 4.

Classes will be running every day from Monday 10 October with the first Sunday lesson beginning on 16 October from 8:30am until 10:30am.

The Forum Swim Academy is an AUSTSWIM and Royal Life Saving accredited swim school and teaches children water safety and builds confidence through to stroke correction and technique.

[Click here for information on The Forum's Swim Academy](#)



School holiday fun

Get wet and wild at The Forum on the Splash Zones

The most fun you can have on the water is on The Forum's two awesome pool floats.

Open these school holidays between 12.30pm – 3.30pm.

Wednesday 28 – Friday 30 September 2011 and Wednesday 5 – Friday 7 October 2011.

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

Fun lifestyle courses

Sunday 15 October is a great day to be involved in The Forum's short courses

On Sunday 15 October, The Forum is hosting a tour of the Hunter Valley vineyards. The full day tour will start at The Forum University at 8:30am before visiting a range of small boutique and larger commercial wineries with quality wines, and don't forget the cheeses, fudges and chocolates.

If you would prefer an education of a different kind, Surf Lifesaving NSW will be conducting a First Aid course on Sunday 15 October from 9am until 4pm. Courses are run at the discounted student rate and are available for all University students.

Alternatively, give Tai Chi a go

Commencing 12 October, learn to practice Tai Chi and enhance harmony in mind and body, improving concentration and your overall well being.

[Click here to find out more about short courses at The Forum.](#)



Kokoda 2012

Join The Forum team in 2012 for an experience of a lifetime.

Following the successful Kokoda trek in July 2011, The Forum's experienced trek leader, Tony Cleva, is offering the challenge again in May 2012. Tony will train participants leading up to the trip and walk with you every step of the way along the trail.

If you would like to be part of The Forum Team, please contact Tony Cleva on 4921 7006 or at

Tony.Cleva@newcastle.edu.au

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

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