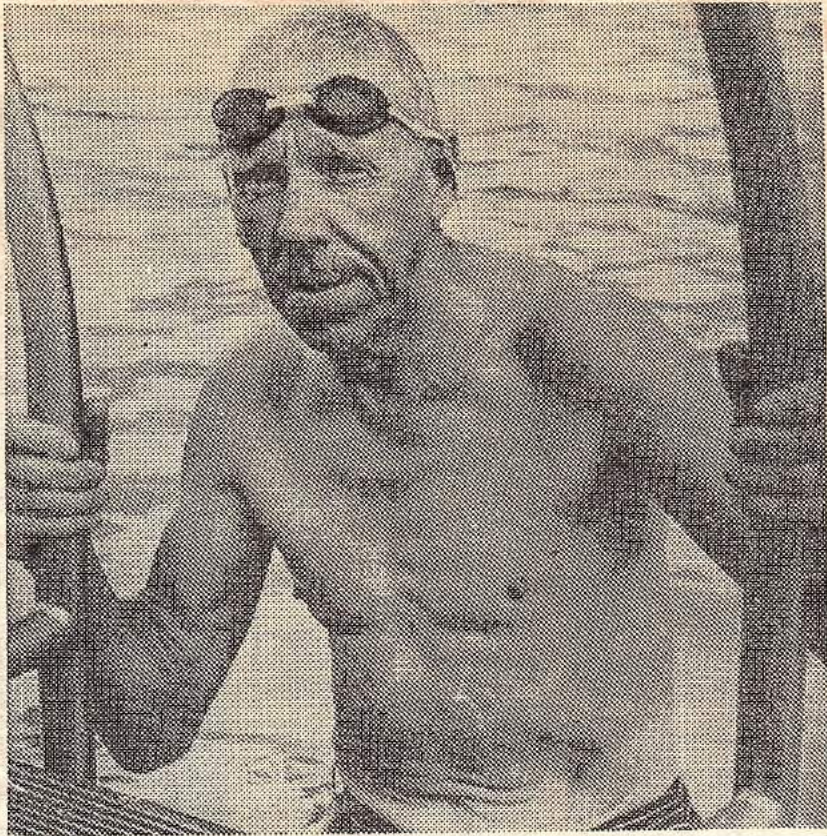


# He's a real AUSSI



• Mr Eric Flynn, of Prospect, who began swimming at the Launceston Swimming Centre after a major operation in 1973, now goes to the pool twice daily. He is one of AUSSI's earliest members and recently helped with the learn-to-swim campaign.

## What is AUSSI ?

It is short for the Australian Union of Senior Swimmers International, also known as AUSSI Adult Swimming.

And what's new about the group so far as Launceston is concerned is that tonight there will

be a meeting at the swimming centre, Windmill Hill, at 6 o'clock to form a local club.

If a Launceston club is formed at this meeting it will be the first in Tasmania.

AUSSI is an Australia-wide association of adult swimmers — men and women — who swim regularly to keep fit and have fun.

The fun part comes from meeting people and making new friends, which is made possible through social events after some swim activities or inter-club carnivals and those held in conjunction with state and national swim meets.

AUSSI's main objective, however, is to motivate individuals to improve their general health through regular swimming.

To this end a series of incentives has been established and outlined in a guide.

AUSSI was established by a group of eight men in Sydney in 1975 and there are now 73 clubs throughout Australia.

Learners and former swimmers, as well as "fit" swimmers, are invited to join the new local club whose coach will help teach or advise them.

For further information call in and talk to Mr Peter Goss at the Launceston Swimming Centre any afternoon or phone him on 31 8496.

## AUSSI Club formed

A new swimming club was formed in Launceston last Thursday.

Called the AUSSI Club, it is also the Tasmanian branch of AUSSI (Australian Union of Senior Swimmers International).

A group of 15 or so people met at the Launceston Swimming Centre at Windmill Hill and decided to form the club.

The secretary/treasurer is Tina Mackenzie and meetings will take place every Thursday at 6 pm.

It could be that many more people than those who gathered at the pool last Thursday will be at future meetings.

For, in addition to those who attended the inaugural meeting, many telephoned to say they were interested in joining but, because of the holidays, would not be able to be at the pool last Thursday.

The aims of AUSSI is to encourage men and women to improve their general health through swimming regularly — no matter their age or how well they can swim at the present moment.

They will be taught the techniques of good swimming and stroke correction in addition to being introduced to fitness programs.

As well as attending the Thursday club meeting, members can go to the pool daily between 6 am and 7.30 pm at times to suit themselves, knowing that they'll be doing their own thing and not competing with other swimmers.

For further information phone Mr Peter Goss at the pool on 31 8496.