



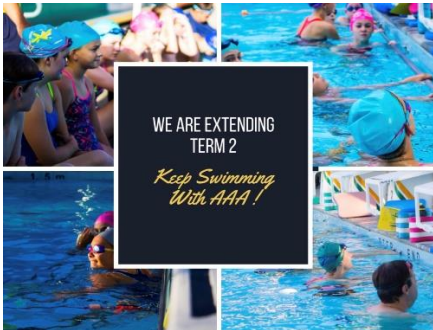
AAA News

Welcome To The All About Aquatics Newsletter

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Term 2 News

We are rapidly approaching the end of Terms 2.



Our original end date for Term 2 was the 2nd of June.

With our numbers growing, a beautiful warm pool to swim in and very mild Autumn weather AAA have extended Term 2 till the 29th of June.

It has been a long-held goal for AAA to move our venues that enjoy a heated pool to year-round swimming.

This gives our gives our swimmers the opportunity to continue building their skills with minimal swimming breaks.

We are also currently taking enrolments for Term 3.

As the weather drops to the low 20's motivation may be a little harder to find.

We have included some AAA swimming tips in this newsletter to help keep you on pool deck this Autumn and Winter.

If there is anything you would like featured in our newsletter, drop us an email: admin@allaboutaquatics.com.au

Take 5 and have a read of what we have been up to this May.

News from Alina



With the gates shutting at Quilpie at the end of April on a fantastic season, it has given me the opportunity to take on some exciting challenges in May and beyond.

I am currently working my way around Australia presenting at AUSTSWIM conferences in each state.

As well as presenting, I am also running a trade stand at each conference promoting ASEA and Renu 28 products.



These products are very close to my heart and have helped me enormously with my own health and wellbeing.



ASEA supports the immune system, hormone modulation, inflammatory response and digestive function.

Renu 28 is a whole-body skin therapy which has proved to be incredibly beneficial to anyone working in the Aquatic Industry.



Renu 28 can improve the health of your skin from the outside in adding smoothness, evening of texture and increasing of moisture.

If you would like more information on either of these products, visit my website:

www.alinagraham.teamasea.com

Get in touch, I would love to help you with your wellness goals.

Part of my travels has also included a three week stay in Brisbane catching up with family, friends and AAA staff.

I have also enjoyed delivering First Aid Training, CPR and Lifeguard courses to Brisbane clients such as: Genesis Aquatic Centre, Thor Buildings, Kelvin Grove State College and QUT Sport.

During the last few days of May I bunkered down with AAA staff in a full day of review and planning.

Lots of goals and initiatives for All About Aquatics to be rolled out in the coming months and into the summer season.

Until next time, take care of yourselves.

Alina 

Special AAA Autumn/Winter Offer

To keep you swimming as much as possible through Autumn and Winter AAA are continuing to offer 50% off a second lesson for learn to swim and stroke development levels.



Spaces are available for second lesson bookings on Thursday, Friday and Saturdays.

Summer times and water confidence are built over the cooler months.

Social Media Pages

In the event of bad weather or events that may unfold quite quickly, we will do everything we can to contact you as early as possible.

We will also update our Facebook page to reflect any changes to classes due to lightning or severe storms.



Find us on Facebook at:

All About Aquatics – Brisbane
All About Aquatics – Quilpie

Have a chat to one of our receptionists at our venues and they can help you find our page.

Instagram is where we publish pics of our swimmers along with swim quotes and tips from our AAA team.



Find us on Instagram at:

@allaboutaquatics or,
@aaaquilpie

Keep tagging us in your swim pics at either:

#allaboutaquaticsbrisbane or
#allaboutaquaticsquilpie

Swimmer of the Week

This is Patrick our littlest Swimmer of the Week so far!



Patrick swims in a group infant class on Saturdays with Donna.

He is an absolute delight to teach and is working on becoming independent in the water by mastering breath control, independent submersions, kicking and paddling through play and exploration.

Patrick has just become a big brother and really enjoys his Saturday swims with Dad.

He finishes each Saturday with a huge smile and a “bye ladies” or mimicking Donna, “bye honey” as he leaves pool deck giving all of us a chuckle each Saturday.

Well done Patrick you are an absolute star that makes us smile every Saturday without fail!

AAA Swim Kits

Moving up to squad is a big step in a swimmer’s journey.

Swimming squad involves an increased commitment and discipline from a swimmer.

Part of swimming in a squad is being responsible for your own equipment.

Whilst AAA will always have equipment for general use, it is a great time to start collecting your own equipment and building your own swim kit for use when not training with AAA.



Our AAA Swim Kit is comprised of VICI products and is available for \$75.00.

If you would like to order a kit, contact us via phone, email or speak to our reception staff on pool deck who can take your order.

Swimming Through Autumn and Winter

As the weather temps drop to the low 20’s, some mornings and afternoons you might need an extra nudge to stay motivated and keep swimming!

Here are a few tips from our instructors and coaches to help you this Autumn and Winter:

- Pack your swim kit the night before. When motivation is waning, the mind will latch onto any excuse it can find to avoid a task. Being in a rush in the morning and having no time to pack your swim kit may give you the excuse you are secretly looking for to cancel a swim session.
- Remind yourself that it is only a few seconds of discomfort – The pool is beautiful and warm. The hardest part of your swim session will be the seconds stripping down, sliding into the water and then the dash from the pool to the changerooms at the end of your session.
- A warm fluffy bathrobe can be better than a towel. Wrapping yourself up as soon as you emerge from the water in a big fluffy bathrobe is just like a warm hug.
- Use the changerooms – sometimes the focus on getting changed and getting home to food and the couch is strong! The air temperature may not actually be that cold but the chill factor of a light breeze on wet skin and togs will have you feeling cold. Wrap up in a bathrobe or giant towel then use the changerooms for a warm shower and a sheltered area to get changed.

We hope you continue swimming with us through Term 2 and 3.

If you would like more information on Autumn and Winter swimming, get in touch and we will do whatever we can to keep you swimming.

A Few Pics of our AAA Tribe in Action



Our next issue will be in late June just before we all break for a little breather over the school holidays.

As always, if you have any suggestions for features, drop us an email:

admin@allaboutaquatics.com.au

We look forward to seeing you in person on pool deck very soon!

Take care and stay swim safe!

The AAA Team



That's a Wrap

That's a wrap from everyone at All About Aquatics for now.