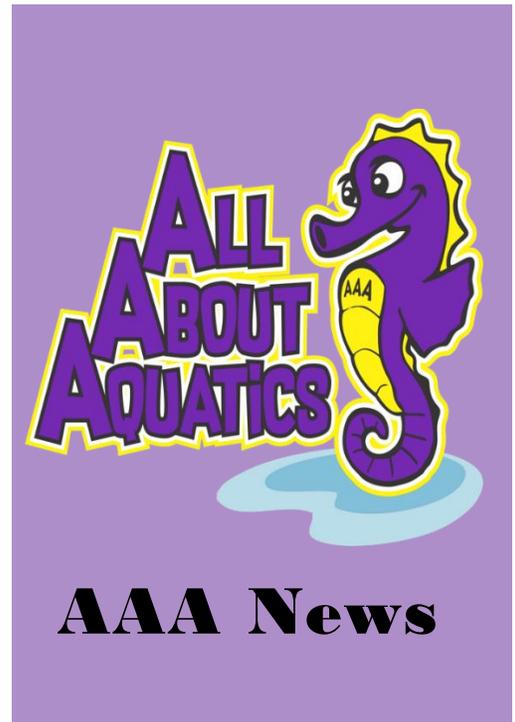




Welcome To The All About Aquatics Newsletter



AAA News

OCTOBER 2018

Term 4 is Heating Up

October has been a busy time at all AAA venues.

The first few weeks of Term 4 were a bit soggy in Brisbane.

Well done to all of our Brissy swimmers that took the weather in their stride and gave their best efforts in their classes and squads.

The days you turn up and get the job done when you would rather hide out on the couch will make you a stronger swimmer.

For our LTS swimmers, swimming outside in all kinds of conditions provides a great experience and forms well rounded swimmers capable of adapting to all environments.

We are now well and truly in the downhill run till Christmas!

Keep your eyes on our social media pages for announcement of our holiday intensive program dates and times.

Grab a cuppa, take 5 and have a read of what we have been up to this October.

News from Alina and Quilpie



After many months of travelling, it has been fantastic to be back in Quilpie going into my second year of calling this fantastic town home.

Many people think a small town means slowing down and a gentler pace.

Quilpie is a hive of activity with always something to do and many community groups to get involved with.

Our first pool movie night was on the 13th of October.

We all enjoyed a screening of Night at the Museum whilst floating around cooling off in the dark.



Our next pool movie night will be 17th November – A Bugs Life. If you haven't been to one of our pool movie nights, put the date in your calendar and come float around with us.

The 14th of October saw the return of our Quilpie Sunday Triathlon series.

Triathlon is one of the fastest growing sport in Australia and the Quilpie tribe are definitely loving the tri challenge.



Triathlon, like swimming, is a great individual sport where the you can constantly race against the field as well as trying to better your own PB's.

Cost to participate is \$2 with kids participating for free.

All funds raised go towards supporting the Quilpie Junior Rugby League Club.

On the 19th of October and 2nd of November we were excited to host the Quilpie Youth Club.



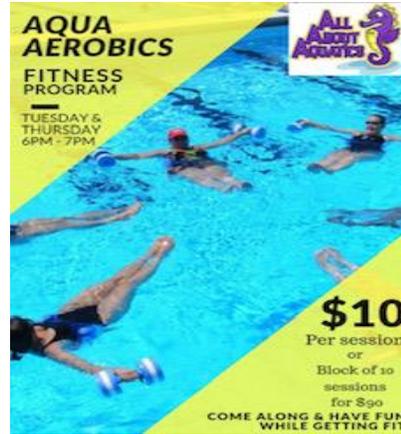
We hope they continue to enjoy many future meet ups at the pool!

On the 20th and 22nd of October I travelled to Morven to deliver Lifeguard training so the pool can be staffed with qualified lifeguards and open for business.

A reminder that Aqua classes are back.

Aqua is a good way to build your fitness in a low impact environment.

Perfect for all ages and fitness levels.



If you haven't tried aqua before, come and join our Aqua tribe on Tuesday and Thursday from 6pm.

I am really enjoying the start to the spring/summer season and can't wait to see what my second year in Quilpie brings.

Until next time, take care and stay safe.

Alina

Staff Movements

Our much-loved Brisbane coach Sharon has unfortunately spent the start of the swim season taking it easy recovering from an unexpected medical condition.



Sharon is missing all her swimmers and squaddies and can-not wait to be back on pool deck.

We are all wishing her a speedy recovery and hope to have her back at Everton Park in the not too distant future.

You may have spotted the lovely Lisa at Everton Park this start to term 4.

Lisa is working on Mondays and has been an enormous help covering shifts, keeping classes running whilst Sharon recovers.



The latest addition to our AAA tribe is Tyler our receptionist/barista/flippa ball coach at Everton Park.



Taylor is still learning our booking and processing systems but has hit pool deck running with her infectious smile and friendly nature.

She is looking forward to growing our little team of Flippaball players at Everton Park. Everyone in AAA are so happy to have Tyler on board.

Social Media Pages



Our Facebook pages:

All About Aquatics – Brisbane

All About Aquatics – Quilpie



Find us on Instagram at:

@allaboutaquatics or,

@aaaquilpie

You can also tag us in your swim pics at either:

#allaboutaquaticsbrisbane or

#allaboutaquaticsquilpie

We would love to feature more of our swimmers!

Northgate State School Swimming Program

AAA don't just limit ourselves to teaching at AAA venues.

During Terms 4 & 1 our talented team of coaches and teachers are out and about in the community running school swimming programs with many primary schools.



This will be our 4th year of designing, administering and teaching the students of Northgate State School.

Northgate are a small state school on Brisbane's northside.

Our Marketing Manager Donna has worked with Northgate for 12 years and it will be AAA's 4th year of servicing the Northgate community embracing them as part of our growing AAA tribe.

With more than 50% of Australian school students graduating primary school unable to swim 25mtrs of freestyle, we feel incredibly proud to say that the students of Northgate will far exceed this statistic.

Experienced teachers, a great school community and a Principal that recognises swimming as a skill for life have been the perfect recipe for producing some amazing results.

If you would like more information on how AAA can help run your school swim program, please give us a call. We love our school communities.

Swimmer of the Week Awards

Our first Swimmer of the Week Award this term is from our Geebung venue.

Trudy Watson is a little pocket rocket who swims at a SD2 level with Nathan.

The first week of term in Brisbane was wet, cold, stormy and a real challenge.

Trudy swam three times a week through everything nature and Nathan threw at her all with a smile and boundless energy!



Well done Trudy!

Our second award went to Natasha Talbot at Quilpie.



Natasha is always ready and eager to swim.

She always listens to instructions and takes everything on board trying her hardest and giving her very best.

Fantastic work Natasha!

Our third award in October went to Maddy Nolan from Everton Park.

Maddy swims with Amy who tells us that Maddy is a diligent swimmer who is progressing each lesson.

Maddy is also transitioning to catching and throwing with one hand in Flippaball with Tyler on Thursdays.

Maddy is always enthusiastic and always gives everything she has in the water.

We are all incredibly proud of our Swimmer of the Week awardees.

Swim Kits

The move up to a squad level is a big achievement for a swimmer.

Part of the discipline of squad swimming is looking after and maintaining equipment and building a swim kit.

Marking the transition to squad with your own swim kit is a fantastic reward for all the hard work achieved in the pool.

Our AAA swim kit is comprised of quality VICI products with a cost of \$75.



Order forms are at each AAA venue at reception or drop us an email and we will hook you up with this great swim kit.

That's a Wrap

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

Our next issue will be in late November just before we start thinking about summer holidays spent on or near the water.

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