



Welcome To The All About Aquatics Newsletter

IN THIS ISSUE

## We blinked and Term 4 is nearly over!

Just like that Tribe, Term 4 is all but over. We hope it has been a great term for you all and your families.

We have had an incredibly busy Term 4 but that's just the way we like it!

The term kicked off with AAA supporting the McDowall Spring Fair. A great day supporting a fantastic school and the wider community.

Our Brisbane Team were definitely kept busy through term 4 delivering school swimming programs achieving some amazing results.

You may have also spotted one of our AAA cars zipping around town delivering Aquatic Safety Education to primary schools and pre-schools.

We launched our Flippa Ball Fridays at Everton Park and we also launched Flippa Ball sessions at Quilpie.

The Quilpie team have been have had a fantastic term hosting several dive-in movie

nights and an amazing themed Halloween week.

Throughout the Term we have been running the Name our Mascot competition.

We had lots of entries from some very creative kids.

We knew that if we handed it over to the kids they would come up with something much better than we ever could.

So our little AAA seahorse mascot finally has a name.

We are very proud to introduce to you:

**ACE**

Look out for our little guy popping up out and about.

Thank you to everyone that entered. It was a tough one to judge!

A very special thankyou to our winner:

### Finlay Cambell - Aged 6

We have a Summer Prize Pack coming your way with lots of goodies to get you ready for summer.

Put your feet up for 5 minutes and have a read about what we have been up to.

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

Stay swim safe!



### Nic & Matilda

Nic & Matilda after a day of teaching Northgate State School students.



## News from Quilpie

The Quilpie Team have had an incredibly fun and busy term.

Halloween was a hit with loads of you dressing up in your scariest costumes for a fun Halloween party.



Along with flippa ball and aqua classes for adults Quilpie launched Mum's and bubs aqua classes.



Too much cuteness in one pic we think!

Alina Presented at the National AUSTSWIM Conference on the Gold Coast where she was nominated for the National Outstanding Contribution Award for AUSTSWIM after receiving the QLD award. She was unsuccessful however, her involvement has been amazing. She also travelled last month to Bedourie on her annual trip delivering training.

If you would like to see more of what the Quilpie crew get up to day-to-day, follow **allaboutaquatics – quilpie** on Facebook or **aaaquilpie** on Instagram.

## AAA School Swim Program

Term 4 brings us some much warmer weather and it also sees the AAA Brisbane team running school swimming programs.

One of our school clients this term was Northgate State School.

We think of Northgate as the 'little school that could'.

Northgate don't have a pool, they don't even have a full-time PE teacher. What they do have is a Principal and school community that are amazing advocates for quality school swimming.

We have worked closely with Northgate 'borrowing' a willing school pool, organizing transport and delivering a program with student to teacher ratios much lower than Queensland Education Guidelines.

Not so very long-ago Northgate was a school where 70% of the population were non-swimmers.

We are now seeing a school where all but a handful of students can swim.

At the recent carnival even Northgate preppies competed in 25metre out and back events.



If you would like our advice and guidance on delivering a school program with proven results, contact AAA and we would love to see what we can do to help achieve similar results at your school.

## December/January Holiday Intensives

It's nearly that time again. School holidays are so so close.

If you are looking for activities to keep the kids busy over the holidays we are running holiday intensive swim classes and flippa ball sessions at Everton Park and Quilpie.

Check our website for dates and times: [www.allaboutaquatics.com.au](http://www.allaboutaquatics.com.au)



Holiday intensive classes give swimmers the opportunity to work on skills each day encouraging a high retention of learned technique as the time between classes is minimal.

We are running both morning and afternoon classes at Everton Park.

If you would like more information or would like to book, phone us on: 0413 201 534 or email: [admin@allaboutaquatics.com.au](mailto:admin@allaboutaquatics.com.au)



## AAA Have a Blog Site!



If you can grab a few minutes in your day, make a cuppa and have a read of our AAA blog articles.

This term we covered how to start your swimming comeback if you have been out of the water for a while.

A good read if a swimming comeback is going to be one of your new year's resolutions.

We also wrote a piece on water safety. Travelling around delivering aquatic education to preschooler's and primary aged students is a real eye opener.

You can find us at:

[www.allaboutaquatics.wordpress.com](http://www.allaboutaquatics.wordpress.com)

Check in regularly for articles on all things swimming.

## Social Media Pages

If social media is your thing, follow us on Facebook and Instagram to see what we get up to and for regular promotions, competitions and give aways.



Find us on Facebook at:

All About Aquatics – Brisbane

All About Aquatics – Quilpie



Find us on Instagram at:

@allaboutaquatics or,  
@aaaquilpie

Tag us in your swim pics at either:

#allaboutaquaticsbrisbane or  
#allaboutaquaticsquilpie

We love seeing what our AAA tribe get up to away from pool deck and would love to feature you.

## AAA Swim Stars

A few pics of our AAA swimming stars in action at Everton Park.



## That's a Wrap

That's a wrap from all of us at All About Aquatics.

Look out for our next issue early in the new year.

If you have any suggestions for features, drop us an email at:

[admin@allaboutaquatics.com.au](mailto:admin@allaboutaquatics.com.au)

We would like to wish you all a wonderful Christmas and the best of wishes for the new year ahead.

Take care of yourselves, stay swim safe and we look forward to seeing you in person on pool deck very soon!

*The AAA Team*