



AAA News

Welcome To The All About Aquatics Newsletter

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End of Term 2

If might be the end of Term 2 but that's not the end for AAA at Everton Park.



With a beautiful heated pool, we were able to successfully extend Term 2 right until 29th June.

We are very fortunate to have fantastic swimmers and families swim with AAA many who are keen to keep on swimming right through the year.

We will be taking a short break over the school holidays but will be back on pool deck at Everton Park on the 16th of July for morning and afternoon squads and classes.

We have included a few more AAA swimming tips in this newsletter to help keep you on pool deck this 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 June.

News from Alina



The pools at Quilpie have been emptied ready for a rest and a little TLC over winter.



Throughout June I have been back and forwards between Quilpie and Brisbane delivering Pool Lifeguard, First Aid and CPR courses at Genesis Aquatic Centre.

All About Aquatics – Everton Park, Geebung, Quilpie
Email: admin@allaboutaquatics.com.au Ph: 0413 201 534

I've also delivered First Aid and CPR at QUT for Sports Managers as well as First Aid and CPR at Kelvin Grove State College.

First Aid and CPR courses will very soon be running and open for bookings at our Everton Park venue. We will keep you posted when these courses launch.

Coming up on July 4th I will be delivering a professional development workshop for AUSTSWIM Instructors on Anxiety: Causes and Strategies at our Everton Park Venue.

AUSTSWIM Instructors that may be interested, places can be booked at www.austswim.com.au

I have lots of exciting and interesting things coming up in July and August. Watch this space for updates of my travels.

Until next time, take care of yourselves.

Alina 🤗

Special AAA Autumn/Winter Offer

To keep you swimming as much as possible through Winter we 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

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 Angus List our latest Swimmer of the Week!



Since joining Matilda's group, Angus has really matured as a young swimmer.

He is always listening taking on all instruction and is continually improving.

Apart from being a great swimmer, Angus is an absolute joy to have on pool deck at 6.30am.

Well done Angus from everyone at AAA.

AAA Swim Kits

We will continue to take orders for swim kits right through the year.



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.

More Swim Tips to Keep You Swimming Through Winter

Living in Brisbane we are blessed with the mildest of winters with our days still in the 20's and our nights rarely slipping into single digits.

Even so those rogue colder days and that little chill in the morning and evening air can have the best of us looking for an out from our swim sessions.

Below are a few more of our tips for swimming through winter:

- Stick to your schedule – try not to skip swim sessions. Long gaps may give your procrastinating mind all the ammo it need to decide to put off your goals till summer. Summer times and distances are built over winter and your competition that pushed through will love showing you their results.
- Try out new things – new strokes, new drills, new training programs are all your friends this winter. Time can speed up when trying out new skills as you will be focused on mastering the skill with the white noise suddenly disappearing.
- Bathing Caps are important – the majority of heat is lost through our heads. If you usually swim without a cap,

now is a good time to put one on your noggin. Neoprene caps retain heat better than latex. Some swimmers even choose to double cap through winter.

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

Flashbacks of our AAA Tribe in Action



That's a Wrap

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

Our next issue will be in late July just before we all start thinking about Ekka dagwood dogs and strawberry Sundays!

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