



Welcome To The All About Aquatics Newsletter



AAA News

SEPTEMBER 2018

Spring Has Sprung

Many of our Everton Park swimmers continued right through September finishing a great winter season.

Swimming through the extended Term 2 and Term 3 will definitely give the jump on the summer season.

Behind the scenes we have all be incredibly busy refining our administrative systems and planning for the season ahead.

Everton Park has been closed over the school holidays for some maintenance upgrades.

Everton Park, Geebung will all be open and ready for classes and squad sessions from the 8th of October.

Quilpie reopened on the 24th of September for public swimming with classes and squad sessions recommencing on the 8th of October.

Everyone at AAA is looking forward to getting back into the swim and seeing lots of familiar and new faces on pool deck.

Working in the outdoors, helping swimmers achieve their goals, with the sun on our backs and smiles from our swimmers, is really our favorite place to be.

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

News from Quilpie



All pools were resurfaced and the kiosk was restocked and waiting for reopening on the 24th of September.



The multipurpose pool is sparkling and sitting at a lovely warm 31 degrees,



First day of the season we opened with 60 through the gate for the day which is pretty fantastic when you realise Quilpie is a town of 60 residents!

Over the school holidays some of our Quilpie swimmers helped out painting our new bench seats and pot plant holders.



Bookings are now open for the Spring/Summer season

All About Aquatics Quilpie Swimming Lessons 24 th September – 28 th April			
Level	Day	Time	Cost
Infant	Mo, Tu, We, F Saturday	8:00am - 9:00am 10:00am onwards	\$16.00 per session
Toddler	Mo, Tu, We, F Saturday	8:00am - 9:00am 10:00am onwards	\$16.00 per session
Learn to swim	Mo, Tu, We, F, S Saturday	7:30am - 8:45am 9:30am onwards	\$16.00 per session
Stroke Development	Mo, Tu, We, F, S Saturday	8:45am - 10:00am 10:00am - 11:00am	\$16.00 per session
Mixed Squad	Mo, Tu, We, F Saturday	8:45am - 10:00am 10:00am - 11:00am	\$22.00 per session
Intermediate Squad	Mo, Tu, We, F Saturday	9:00am - 10:00am 10:00am - 11:00am	\$22.00 per session
Senior Squad	Mo, Tu, We, F Saturday	9:00am - 10:00am 10:00am - 11:00am	\$22.00 per session
Adult Fitness	Mixed & Fit Saturday	8:00am - 10:00am 10:00am - 11:00am	\$20.00 per session
Aqua Fitness	Mixed & Fit Town and Thurs	10:00am - 11:00am (Sunrise) 10:00am - 11:00am	\$20.00 per session

Bookings: email quilpie@allaboutaquatics.com.au

If you haven't already don't think it's too late and you've missed out, drop us an email:

quilpie@allaboutaquatics.com.au and we will book your space.

News from Alina



September saw me continue my travels.

I kicked off with a trip to New Zealand for the NZ AUSTSWIM conference where I presented as well as assisted in the AUSTSWIM Presenter training workshop.

After my travels in NZ I took a very much needed and well earned holiday break to Smokey Mountains, Tennessee to visit a good friend that moved to this area two years ago.

After some much needed downtime I attended a conference in Dallas, Texas.

I arrived back in Australia on the 11th of September, and hit the ground with a long drive back to Quilpie in front of me.

After a winter of travel, presenting and delivering training sessions it was fantastic to be home even though it wasn't for very long.

Once again, I hit the road delivering First Aid and Pool Lifeguard courses in Thargomindah on 14th -16th September followed by another First Aid and Pool Lifeguard course in Tieri on 28th-30th September.

Once back in Quilpie my focus was to get the pool up running and looking it's very best for our reopening for public swimming on the 24th September.

I've also been working closely with Quilpie and Brisbane staff to ensure all three AAA venues are ready for classes from 8 October.

It has been a hectic whirlwind this winter.

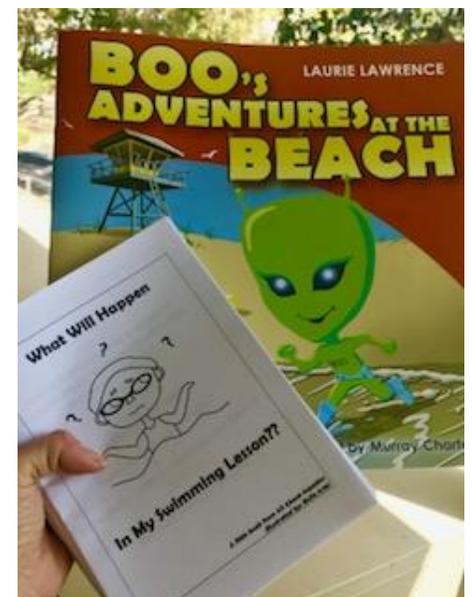
After one year in the Quilpie this now feels very much like home and I can not wait to see what my second summer season in Quilpie brings.

Until next time, take care and stay safe.

Alina

Community Education

September Donna delivered aquatic safety talks at several Brisbane northside primary schools.



This year we talked about swimming at the beach and the importance of swimming between the flags.

The good news is that the swim safe message is getting through to our youngest swimmers.

The majority of preppies know that they should swim between the flags and are well versed in swim safety rules and doing the five.

Despite this more than 50% of students report swimming alone with supervision being a slightly older sibling.

Equally worrying is that many students challenged swimming between the flags because Mum and Dad think that it's too crowded and they will be ok as there are lifeguards present.

Look out for our upcoming blog on the Royal Life Drowning Report and reflections after our adventures singing and dancing with Brisbane preppies.

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!

Open Day at our Geebung Venue

On the 15th of October we hosted a “Come Test the Water” day at our Geebung venue in partnership with the Geebung Amateur Swim Club.

It was beautiful spring day and a good taste of the Spring and Summer ahead.



The swim club held their sign on day and kept everyone fueled with a sausage sizzle.

As well as taking bookings for classes, Donna and Jordan kept the kids amused with a treasure hunt, lolly pong and some egg and spoon swim races later in the day.



Lolly pong with our Principal at Geebung – Mathew Meharg.



We ran a lucky door prize on the day of a Summer Prize Pack from AAA:



Our winner was: Kingston Scott

It also wouldn't be an open day without a Jelly Bean guessing comp:



Our winner of this big sugar rush is: David Linnett.

We all had such a great day and look forward to holding a similar event at our Everton Park venue in Term 4.

We will keep you posted when we finalise a date.

Meet the Tribe

Meet Lindsay.

Lindsay swims with AAA at Everton Park on Sundays with Janette.



Lindsay has been a AAA swimmer for a few years starting with very basic swimming skills that had been lying dormant for a few decades.

Lindsay had a goal, her goal being to make some time for herself, get back in the pool and see where the journey would take her.

Starting out Janette would have Lindsay push off and glide through the water to the first set of flags.

Week by week they chipped away at technique and distance.

Lindsay continued swimming with Janette through winter and recently finished her first 1km swim.

Lindsay's new goal is to complete her first Triathlon and has her sights set on the upcoming Bribie Tri series.

Lindsay's journey has been an inspiring one to everyone at AAA.

We are just so happy when our swimmers reach their goals and then set newer and bigger ones for themselves.

Nothing makes us happier than seeing our swimmers smash their own boundaries and enjoy their journey.

Swimming Clubs

As well as finalising class and squad bookings with AAA, now is the perfect time to tackle club sign on.

If making the move to swimming competitively has been on the 'one day' list, below are the clubs that AAA are pleased to have sharing our venues offering a pathway for our swimmers:



Everton Park Sharks

Email:

evertonparksharks@gmail.com

Website:

www.evertonparksharks.com



Geebung Amateur Swimming Club

Email:

GeebungSwimmingClub@outlook.com



Quilpie Swimming Club

Email:

quilpieswimmingclub@gmail.com

That's a Wrap

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

Our next issue will be in late October as we all start the downhill run to Term 4 end and Christmas!

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