

ACADEMY NEWS

Welcome to the Seven Hills Aquatic Academy
September Newsletter!

See the latest information, tips and tricks for a
fantastic month of swimming ahead!

It's our birthday month!

Seven Hills Aquatic Academy turns 15 this year!



To celebrate this milestone we
are running a colouring
competition for our members!

Download & print the copy
that is attached to the email or
grab a copy from reception!

The lucky winners will be
announced in the next
newsletter and will receive
10 free lessons for their level!

Ensure you return your
completed entry
to the reception team
and include your name
and phone number.

Entries close Sunday 28th
September 2025

ROYAL LIFE SAVING AUSTRALIA | AQUATIC ACADEMY

IT'S OUR 15TH BIRTHDAY!

Name & Level: _____

Phone: _____

Squad News

Wow!

Our Squads have been busy over the past few months.

They have achieved some amazing results including, but not limited to: Breaking Australian Records, hitting a huge number of PB's, a Bronze Medal at the World Masters Swimming Championships and Gold and Bronze Medals at the Commonwealth Lifesaving Championships.

Many of our swimmers have also been selected into the Swimming Australia Squads, Swimming NSW Squads and Metro South West Area Squads!

For further Squad Updates please click [here](#) to visit the Squad section of our website.



Squad News

World Para Swimming Championships - Starting Sunday 21/09/25

Late in September we also have two of our swimmers, Chloe Osborn and Alex Tuckfield competing in the World Para Swimming Championships in Singapore!

Our Squad Coach Gavin will also be joining them! You can watch Alex and Chloe competing on Channel 9 via their channels or the 9Now app.

The race schedule is:

Sunday 21st September 2025:

Alex Tuckfield

Men's 50 Free S10

Monday 22nd September 2025:

Chloe Osborn

Women's 400 Free S7

Tuesday 23rd September 2025:

Alex Tuckfield

Men's 400 Free S10

Thursday 25th September 2025:

Chloe Osborn

Mixed 4 x 100

34 Point Medley Relay

Friday 26th September 2025:

Chloe Osborn - Women's 50 Free S7

Alex Tuckfield - Men's 100 Free S10

Saturday 27th September 2025:

Chloe Osborn – Women's 100 Free S7

Chloe Osborn – Mixed 4 x 100 34 Point Free Relay



Good luck Alex, Chloe & Gavin!

Sunflower team

Vanessa started with us this year after completing her Swimming of Teacher and Water Safety Course, however has been swimming here for years as a Multi Class Athlete as part of our Squads.

Vanessa recently finished her Swim Teacher Training and now has a regular shift on a Thursday afternoon and also helps out with our school programs.

We are so excited to see her in the water teaching, but also representing our Swim Club Aquablitz.

GO VANESSA!



iClass Pro Reminder

Here at the Aquatic Academy, we utilise the iClass Pro app to assist all cutomers with their swimming lesson needs.

By using the app you can plan your absence, check assessment evaluations, make a payment and access many more helpful tools!

Download the iClass Pro app today and use the following steps to access your family account:

- Enter the organisational code: **royallifesavingsh**
- Select forgot password
- Use the email address on file with us to create a password
- Log in

Venue Information

Have you noticed any changes around the venue?
We have been taking the time to give our centre some TLC.
What do you think?

Front Access Steps:

New grip tread and tactile bumps have been added to this area to make these steps safer!



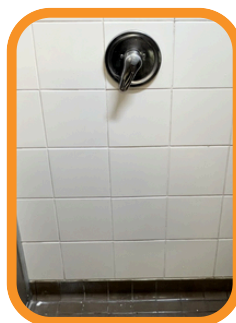
Bathroom Showers:

We are progressively regrouting the showers around the centre to ensure they are clean and tidy for all our customers.

Before



After



The Viewing Area:

It is close to completion and due to finish up on September 2nd.
 Let's check out some Progress photos.
 We can't wait for you to enjoy this space with us!



Swimmer Spotlight!

Vihaa has been an enthusiastic swimmer since day 1! She attends every lesson and brings along a big smile ready to get in the water. She has recently progressed from Turtle into Jellyfish too! Congratulations Vihaa



Teacher Bio

Daniel starting working at the Academy in July 2022. Over the last 3 years he has been a valuable teacher and more recently has started coaching the development squads.

Daniel is at university studying Marine Science. He is also a Competitive Swimmer with our Squads. At the Open Water Nationals earlier this year he received a bronze medal in the 10km swim.



Contact Information

Need to get in contact with us?



02 8814 8637



www.aquaticacademy.com.au



Download
the app

iClass Pro



aquaticacademy@royalnsr.com.au