

ACADEMY NEWS

**Welcome to the Seven Hills Aquatic Academy
October Newsletter!**

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

Venue Reminder

We are swimming through these school holidays!

We will be closed on Monday 6th October for the public holiday and our next holiday period will begin Monday 22nd December.

Don't forget that you can place your absences via the iClass Pro app or online account at any time!

During these holidays we will be also be running Aqua Play sessions!

Monday - Friday: 9:00am - 12:00pm

Saturday: 1:30pm - 4:00pm

Please ensure you adhere to our Keep Watch Policy at all times to stay safe!

Details can be found on our website by clicking here:
<https://aquaticacademy.com.au/aqua-play-aqua-laps/#1757304994401-5d0e15ca-0625>

Colouring Competition

Thank you to everyone that entered our
15th Birthday Colouring Competition.
There were so many amazing entries!
The winners have been notified and are listed below:



Mukil - Jellyfish



Nihira - Octopus



Akshara - Dolphin

Congratulations to all of our lucky winners!

Centre Update

Have you seen our coffee van on weekends?
Amir and the team from Adore Coffee Seven Hills are often at the front of our centre on weekend mornings serving up delicious treats and hot coffee!

Next time you see the van, pop by to say hello to Amir and enjoy a morning treat.



Swimmer Spotlight

This month's swimmer spotlight is on Jad!
Jad loves water and has no fear – even happily jumping into the deep training pool.

Through perseverance, Jad has learned to respect the water and has mastered the skills push and glide, kicking on his front and back and floating. Well done Jad!
Keep up the good work



Venue Information

We will be completing some Pool Plant Maintenance on the 7th October for our Program Pool.

Our filter needs its annual sock change to ensure we are keeping a nice clean pool for our communities.

This will involve some down time from 5.30am - 1.00pm. Communication will be sent out to the families being affected.

What are Socks?

Socks are used to cover the candles inside the filters.

This is what grabs the dirt & debris.

We then complete weekly maintenance where we Backwash the filters to remove the dirt from the socks.

Overtime these wear and tear, so we complete an Annual replacement to keep them in tip top shape.

Here is an example from our recent sock change at Denistone East 😊



Squad Update

Our Squad members have been very busy over September and have accomplished some fantastic results!

NSW Youth Championships is the premier Short course (25m) competition for swimmers aged 13 and under in NSW. A huge congratulations to all swimmers who qualified and well done to Xavier Clarence was able to Win Gold in the 9 years and under 50m breaststroke with a blistering 40.02 to win by 0.06 seconds!

Our squads also participated in the Aqua blitz come and try night. This is held here at Seven Hills and was an opportunity for non squad swimmers who may be interested in racing, to participate and see what our squad swimmers can do.

If you missed out and would like to get involved in club swimming, please reach out to our partner:
Aquablitz Toongabbie Swim Club.



Squad Update

The Toyota World Para Swimming Championships

This is the penultimate competition for our multiclass Athletes.

This year **Alex Tuckfield (S10)** and Chloe **Osborne (S7)** both qualified for the games and selected to represent Australia.

Alex won Bronze in the Men's S10 400m free and qualified for the 50m and 100m free finals where he finished an impressive 5th in both events.

Chloe had an incredible program making the finals of the Women's S7 50m, 100m and 400m free where she earned Silver in the 100m and 400m free! Chloe also represented Australia in the medley and free 34 point relays where she came away with a gold and bronze medal and a world record in the freestyle relay!



Sunflower Team

Have you seen our newly updated website?
We are working on creating a one stop shop for
all of the Academies information.
Last week we created a page to promote the work
we do in Access and Inclusion at the centres.
Check it out:

<https://aquaticacademy.com.au/accessibility-and-inclusion/>

Teacher Bio

Elizabeth has worked with us at the Academy since February 2024.

She had worked as a swim teacher at other locations prior to this also. Elizabeth teaches our Preschool and Primary aged children and is currently part of our Supervisor Team.

When Elizabeth is not working she is a Mum and studying to become a Primary School Teacher.



Contact Information

Need to get in contact with us?



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iClass Pro