

ACADEMY NEWS

Welcome to the Seven Hills Aquatic Academy
November Newsletter!

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

Venue Information

The heat hit hard in October!

Whilst we love the warm weather, our pool halls can
get very hot for our coaches and parents.

In the Training Pool hall, we have installed 3 fans to assist
with the heat on pool deck. We hope you notice the change!

With the warm weather approaching, don't forget to check out
our Aqua Play/ Aqua Laps timetable to beat the heat!

AQUA PLAY / AQUA LAPS - SEVEN HILLS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30 - 10:30am	AQUA LAPS	AQUA LAPS	AQUA LAPS	AQUA LAPS	AQUA LAPS		
12:30 - 1:30pm						AQUA LAPS	
1:30 - 3:30pm						AQUA PLAY	AQUA PLAY
3:30 - 5:00pm		AQUA PLAY		3:15 - 4:00pm AQUA PLAY			
7:30 - 8:30pm		AQUA LAPS		AQUA LAPS			

Sunflower Team

Special Olympics

Patrick has made the State Team!

Our hard working colleague Patrick, has made the state team for the Special Olympics in Swimming. We were so excited when we found out and we cannot wait to see Patrick's success.

Well Done Patrick!



***Special
Olympics
Australia***

Squad Information

2025 World Para Swimming Championships Update:

Now that our Para swimmers, Chloe Osborn and Alex Tuckfield are back from representing Australia in the World Para Swimming Championships in Singapore, we wanted to give you a bigger update on their achievements!

Also representing the Team was our coach Gavin Stewart.

The action in the pool was as hot as the Singapore weather, with record breaking performances being the status quo across the seven days of racing. Our guys did exceptionally well, with both of our swimmers coming home with some bling!

Chloe Osborn:

Chloe had the meet of her life, becoming our latest World Record Holder!

Chloe was one of the busiest swimmers on pool deck and was rewarded with some amazing results:

- Gold – Mixed 4 x 100 Freestyle Relay 34 Point – World Record
- Silver – Women's 400 Freestyle S7
- Silver – Women's 100 Freestyle S7
- Bronze – Mixed 4 x 100 Medley Relay 34 Point
- 6th – Women's 50 Freestyle S7



Squad Information

Alex Tuckfiled:

It was great to see Alex back wearing the Green and Gold after a four year absence! Alex swam well across his three events, with the 400 Freestyle being a highlight, going out at breakneck speed, only to be overhauled in the last 25m:

- Bronze – Men's 400 Freestyle S10
- 5th – Men's 50 Freestyle S10
- 5th – Men's 100 Freestyle S10

Our results were part of a successful Australian Team, with Australia coming 7th on the Medal Tally, with 9 Gold, 9 Silver, and 8 Bronze. Well done!

If you see our swimmers or Coach Gavin around the centre one day, give them a wave!



Swimmer Spotlight



Beverley started with us in our Project Elevate program.

Just prior to finishing, we assessed Beverley and found that she had progressed from the Beginner level to Adult Intermediate!

Beverley attends the classes regularly, but she has also taken the time during the day to come and swim when the pool is available for Aqua Laps.

Well done, Beverley!

Teacher Bio

Finn is this month's teacher bio!

He teaches our school age and preschool children whilst also being a crew trainer!

You will often see Finn on deck helping staff and students and he also assists with our school programs at times.

When he is not working, Finn is studying Law and Criminology at University and enjoys playing AFL.



Contact Information

Need to get in contact with us?



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