

ACADEMY NEWS

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

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

Holiday Period Reminder



We want to wish a very Merry Christmas and a safe New Year to all of our students and their families! We hope you all enjoy the upcoming holiday period.

Closure Information

We will be closed for Learn to Swim lessons from Monday 22nd December.

All classes will resume on Monday 12th January 2026.

Do you plan to be away longer?

Speak to our reception staff about your absences!

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

Carpark update

You may have noticed some changes to our carpark. We appreciate the feedback that we received about how we could make the carpark safer and we have recently started undertaking improvements which includes:

1. Round about installed in the turning area
2. Pot hole is being filled
3. Speed hump is being reinstalled
4. Mini-Bus spot will be painted black
5. Disabled parking spots are being painted blue
6. Pedestrian signs on crossing
7. Stop sign on exit gate
8. Left turn around on exit
9. 2x Mirrors at exit to allow better visual of pedestrians on the footpath
10. Pedestrian warning paint on ground coming off the ramp



Please see more information on next page

Carpark Update Continued

New line marking, signage and a roundabout was installed to help ease movement around the carpark.

Please ensure you are following carpark rules at all times to ensure the safety of others and help the flow of traffic:

- The carpark works by keeping LEFT.
 - Do not drive down the middle of the carpark.
 - If the car park is full, we ask you to exit left out onto the road, complete a loop to try again or park on Best road.
 - Please do not wait for spots that are not currently available. This creates a backlog and frustration for all.
 - To exit onto BEST Road, you **MUST** turn left (even if you wanted to go right). There is a roundabout 100m down the road to complete a U-turn.
- Please do not attempt to turn right onto Best Road from our carpark. It is dangerous.



Squad Information

As we head into the holiday period there are also some changes to our Squad sessions.

This is also due to the training needs for the upcoming NSW Senior State Championships and Australian Open Water Championships.

Please see information below:

Mini Squad Break:

22nd December 2025 - 11th January 2026

Development Squad Break:

22nd December 2025 - 11th January 2026

Area Squad Break:

22nd December 2025 - 4th January 2026

State Squad:

Continue training through on a reduced session load which will be communicated.

National Squad:

Continue training through on a reduced session load which will be communicated.

Gym Sessions:

Through the Christmas period, gym will be on hold for four (4) weeks beginning Monday 15th December 2025 and will start back on Monday 12th January 2026.

Squad Information



Join our Squad team member and Paralympian
Chloe Osborn in the
Starlight Super Swim Challenge!

Join the biggest national charity swim this
1-28 February and be a Super Swim hero.
Every minute of every day a child is
admitted into hospital in Australia.
Dive in to go the distance and fundraise
for sick kids as part of the
Starlight Super Swim Challenge,
and your super efforts will help bring a
splash of happiness to their lives!

[Click here to sign up today!](#)

Swimmer Spotlight and Teacher Bio

Ethan recently moved up from Stingray. He worked very hard the last few months before progressing to his current level of Dolphin.

He has been improving so much with new skills like butterfly and reading the timing clock. He loves swimming and continues to try his best every session!

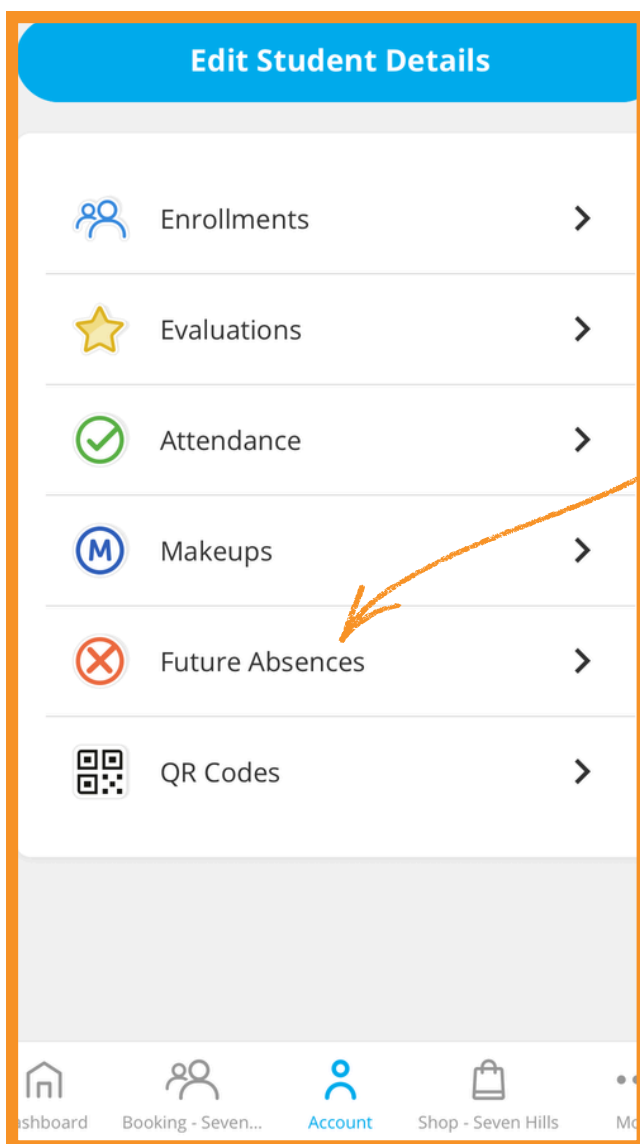


Zain started swimming here when he 8year old and after moving through our whole program, he commenced his swim teacher training to work with us!

Zain has now been working here since May 2023

He teaches our School Age and Stroke kevels and is also one of our Crew trainers.

iClass Pro Reminder



Missing a class?

Use the iClass Pro app to inform us of your child's absence.

Look for the **FUTURE ABSENCES** section under your child's name in **ACCOUNT** and follow the prompts to submit your absence!

Please ensure you are submitting your absences no less than 1 hour before the start of your lesson to be eligible for the 1 x makeup token per month.

Contact Information

Need to get in contact with us?



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iClass Pro