

July 2026 Newsletter

# Aquatic Academy

For all of your swimming updates and information!



## School Holiday Operating Dates

### OPEN 6th - 12th July 2026

Lessons will run as normal during the first week of the school holidays. Our Holiday Intensive Programs and Squad Clinics will also be operating throughout this week.

### CLOSED 13th - 19th July 2026

The centre will take a one (1) week holiday break from:

Monday 13th July - Sunday 19th July.

Shark and Squad swimmers will continue training during this period.

Please refer to the timetable communication emailed previously for session details.

**Regular classes resume Monday, 20<sup>th</sup> July.**

INSIDE,  
WE ALSO  
TALK ABOUT:

Holiday  
Intensive  
Program

Squad Clinic

Australian  
Swimming Trials

Squads -  
Did you know?

Device free zone

Students  
&  
Teachers

# Holiday Ideas!

## Holiday Intensive Program:

Looking to give your child a boost in their swimming progress these school holidays? Our Holiday Intensive Program is available for all School Age and Stroke Development levels!



## Holiday Squad Clinic:

There is a different technical focus each day

**Monday:** Freestyle

**Tuesday:** Backstroke

**Wednesday:** Breaststroke

**Thursday:** Butterfly

**Friday:** Freestyle Refinement

**When: Monday 6<sup>th</sup> July - Friday 10<sup>th</sup> July**

Classes can be booked via the  
iClass Pro app today!

# Squad News

We want to congratulate all our Squad members who competed at the recent Australian Swimming Trials! We saw some incredibly impressive performances in the pool, including fantastic debuts from Emily, Georgia, and Vanessa, who all competed at their very first trials. We are immensely proud of everyone's hard work and dedication to get to this level!



A massive congratulations goes to our three swimmers: Amelie, Beau, and Alex, for qualifying for the Australian Dolphins Para Pan Pacific Team! They are headed to California in August to compete against the world's best, and we cannot wait to watch them race on the international stage! Special reminder that Beau has also made the Australian Dolphins Commonwealth team which is held in Glasgow this July!

## Squads - Did you know?

In winter we race Short course (25m)

In summer we race Long course (50m)

Short course race times are usually faster than long course times due to turns and underwater work being faster than swimming.

As a result, the qualifying times for events in winter tend to be faster, making it more difficult to enter short course events.

**You can find the racing carnival calendar here:**

**<https://aquaticacademy.com.au/aquablitz-toongabbie/>**

## Device Free Zone!

Starting in Term 3, our pool decks will officially become device free zones.

You may have already noticed this positive shift as we recently phased out iPads from the deck area.

We are excited about this next step and will share more details with you very soon!

This month we are celebrating Caleb!

After many weeks of consistent practice and dedication, Caleb has successfully mastered the skills required for Dolphin level. He has worked tirelessly on his tumble turn and breast stroke timing. Through perseverance and practice, Caleb was able to overcome these challenges and reach this important milestone! We are excited to see his determination take him through the level.

Amazing work Caleb!

## Swimmer Spotlight!



## Teacher Bio



Natalia has worked the past two years at the Aquatic Academy, where she focuses on helping school aged children build essential swimming skills, conquer their fears, and become safe, confident swimmers.

Natalia works primarily on our weekday school program shifts. She thrives on watching her students progress while collaborating closely with her fellow teachers in a supportive environment, making her role deeply rewarding.