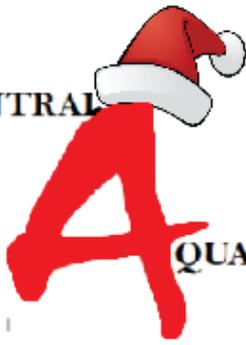


CENTRAL



AQUATIC

Swim News

December 2018

Latest News....

Congratulations to Jasmin and Finn for making the State Development Squad for Lifesaving. Jas and Finn will be competing at Nationals in January. We wish you the very best of luck guys!

Open Water Swimming kicked off on the 3rd November and 11 of our swimmers braved the cold water at Leighton Beach to swim in a range of distances from 500m to 5000m....the conditions were tough but all our dolphins finished their swims. We had eleven swimmers backing up their ocean swim with a freshwater swim at Lake Leschenaultia on the 10th of November. Well done to our open water debutantes, Tahlia, Madison and Maya for giving it a go.....we're so proud of you!

Good luck to all our six swimmers competing in Age States...swim hard guys and earn that Christmas pudding!!

On behalf of the CAQ Committee, have a wonderful chlorine-free Christmas and relaxing New Year. We'll see you poolside in 2019!



Upcoming Events

- 15th-18th December - State Age LC Championships
- 22nd December - Open Water State Championships
- 22nd December Squad swimming breaks for Christmas
- 2nd January Squad swimming resumes
- 11-12th January - Lifesaving Nationals
- 11th January - LC Rookie Meet
- 2nd February - Sprint Championships
- 16th February - Moora

Aquashop Club Bonus Cards are available. These entitle members to 20% of selected racesuits or \$20 off a \$100 or more spend. Valid until the 31st December. If you haven't picked yours up, please see Wayne or Deb.



Lifesaving News. Updates to the lifesaving calendar will be completed by the 15th of December. For all our lifesavers out there, please check the lifesaving page on the website for details.

Wishing the following people a **finstastic** birthday...



- December**
- 13th Sanko
- 14th Stephane
- 18th Tahlia
- January**
- 17th Jacob
- 25th Jordan
- February**
- 17th Ruby
- 18th Meg

Stay Informed....

Up-to-date information can be found on our website

www.centralaquatic.com.au

Email the committee - centralaquatic@outlook.com



www.facebook.com/centralaquaticswimmingandlifesavingclub

