



APRIL NEWSLETTER

JUST LIKE FISH SWIM SCHOOL

April 2025
Issue #20



WINTER SPECIAL – 50% OFF SECOND LESSON!

Keep the momentum going with swimming lessons this winter and give your child a head start for summer with our Winter Special!

From May 1st through to the first day of spring, enroll your child in a second lesson and enjoy a 50% discount on that lesson when you sign up during this frosty-limited offer.

🌡️ And don't worry about the cold—our pool is kept at a cozy 32°C all winter long, making every lesson warm, comfortable, and enjoyable.

It's the perfect way to refine swimming skills, build confidence, and stay active throughout the colder months, all under the guidance of our expert instructors in a safe and welcoming environment.

☎️ Need help or have questions? Call us at 4915 7100 or speak to our friendly JLF team at Reception. We're always happy to help!



COMPULSORY HAPPY NAPPIES!

To ensure a safe and hygienic swimming experience, all **children who need to wear a nappy** must wear a **Happy Nappy** when entering the pool. These specially designed swim nappies provide a secure fit to help prevent accidents and keep the water clean. By using them, you contribute to a safe and enjoyable environment for all swimmers. **Happy Nappies** are available for purchase at JLF Reception.



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www.facebook.com/justlikefish
www.instagram.com/justlikefish/
<https://bit.ly/JLFGoogleReview>

APRIL SWIMMERS OF THE MONTH

STROKE SUPER SWIMMER



Alicia Carmody

Alicia loves swimming because it is fun and is achieving a lot and getting better. She has been coming to JLF since she was a baby.

SURVIVAL SWIMMER



Walter Yardley

Walter likes Just Like Fish and he also likes his teacher Donna. He likes swimming because he likes kicking his toes and going fast.

INFANTS SUPER SWIMMER



Alice Wynands

Alice loves swimming because she can bond with Granpy and she loves going underwater!



A Standing Ovation for Alicia!



We are beyond thrilled to celebrate Alicia's incredible success at the Regional School Swimming Carnival, where she swam with heart, determination, and outstanding skill. Alicia earned a Gold medal in the 11-13 Years Backstroke and a Silver medal in the 11-13 Years Freestyle, both in the fiercely competitive Multi-Class Event.

Her remarkable performance secured her a place at the NSWPSA State Swimming Championships at Homebush Sydney Olympic Park—and what she achieved there was truly record-breaking.

- ★ Alicia shattered not one, but TWO State records:
50m Backstroke (11-13 Years Girls) – record broken by an astonishing 25 seconds
50m Freestyle (11-13 Years Girls) – record smashed by 28 seconds

What a phenomenal achievement! Alicia's dedication, resilience, and sportsmanship continue to inspire everyone around her. We are incredibly proud and can't wait to support her as she dives into even greater heights in future competitions.

Keep soaring, Alicia! 🌟💙





Free Baby Swim

The best time to start? From 3 months old – and the sooner, the better! ❤️ Give your little one a head start with our FREE 4-week swim course designed for babies 3 months – 11 months.

Spots are available! ✨ So, if you know someone—whether it's a friend, family member, or acquaintance with an infant –let them know so they can join in the fun. Don't let them miss out on this wonderful opportunity!

AVAILABLE FOR INFANTS FROM 3 MONTHS TO 11 MONTHS

BENEFITS OF WINTER SWIMMING

Winter is coming – and while it's the season for cozy breaks, we're still loving the warm water more than ever!

Swimming through winter is super beneficial for kids and gives them a great mid-year boost. Here's why:

- **Consistency is key.** Kids thrive on routine, and regular swimming keeps their skills progressing without setbacks.
- **Brain boost.** Swimming increases blood flow to the brain, helping improve memory and cognitive function.
- **Stronger immunity.** Studies show winter swimmers have a 40% lower risk of catching infectious diseases. Staying active through swimming helps build resilience and a stronger immune system.
- **Getting better faster.** By maintaining your swimming skills, you build on what you've already achieved and don't lose your skill.
- **Save money.** Your children don't have to re-learn the skills they already learned.

Remember: colds and flu are viruses passed between people – not something caused by swimming! Being active in water actually helps strengthen the body's defenses.

- **Social skills.** Swimming classes are a fun and valuable way for kids to interact, take turns, and develop their language and social skills.

Skipping a few months can interrupt all the amazing progress your child is making – so let's keep swimming strong this winter!



MAKING A SPLASH AT STATE - CONGRATULATIONS, TEAM!

We are absolutely thrilled to celebrate a truly special milestone—a group of our incredible swimmers qualified for the State Schools Swimming Championships! What an amazing reward for all the dedication, early mornings, and countless laps they've put in over the years.

Every one of these talented athletes started their journey right here in our very own Learn to Swim program—some of them splashing around with us since they were little infants! ❤️



Please join us in cheering on these rising stars:

- 🌟 Charlotte Kelly - 3 top 23 finishes
- 🌟 Evie Grainger - 3rd place 100m back
- 🌟 Layton Kelly - 5th place 50m back & fly
- 🌟 Saxon Kelly - unfortunately broke his arm a week before
- 🌟 Damon Kelly - 4th 50m free & back
- 🌟 Madden Mason - 3rd 50m fly
- 🌟 Alicia Carmody - two state records

We can't wait to see where your talent and determination take you next. 🌟💪

HUNTER VALLEY ALL STARS SWIM CLUB

What a fantastic season it's been for the Hunter Valley All Stars Swim Club! From welcoming new faces to celebrating incredible personal growth, our team has gone from strength to strength.

It's been amazing to watch our swimmers not only improve in the pool, but also blossom in confidence, build friendships, and grow as part of a supportive, spirited community. The energy, effort, and commitment from both swimmers and coaches has been nothing short of inspiring.

As we approach the end of the season, we're proud to share that many of our swimmers have smashed their personal bests, a true reflection of all the hard work and heart they've put in.

We just want to share to all Hunter Valley swimmers that our presentation night is on Friday, 16th May, 6:30 PM at Dullboy's. Please let the club know if you are attending.

Go All Stars! 🌈🏊



DAMON RODD

MANAGING DIRECTOR
JUST LIKE FISH

As we bring an end to the summer season, it's a time for a quick reflection on the amazing success that we have had in all our programs in this period.

Some highlights include:

1. Our free baby swim program with over 350 enrolments;
2. Very little staff turnover;
3. Amazing school carnival results as stated above;
4. Over 1,450 certificates given out;
5. Our first ever state record holder; &
6. Increase in our swim club numbers by 50%.

This couldn't be done without the work of our amazing team, the support from parents and families, and of course, the application of our swimmers. For all of this we are deeply grateful.

We believe the summer of 2025 has set the foundations for us to be the number 1 swim school in the Hunter Valley.

Thank you all and see you in the next month!

Damon