



MAY NEWSLETTER

JUST LIKE FISH SWIM SCHOOL

May 2025
Issue #21



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 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!



JUNE PUBLIC HOLIDAY



Reminder: Our swim school will be closed on Monday 09/06 for the June Long Weekend – see you back in the pool on 10/06!



Follow and like us on our social media accounts, and leave a review on our Google page.

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

MAY SWIMMERS OF THE MONTH

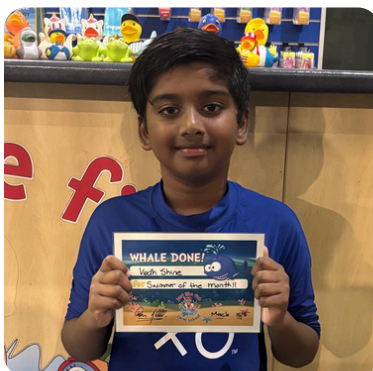
INFANTS SUPER SWIMMER



Stella Harris

Stella is 2 years old, she loves the water. Rachel her teacher nominated her as she has improved immensely.

SURVIVAL SWIMMER



Vedh Shine

Vedh likes coming to JLF as he likes that Mack makes lessons harder. His favourite stroke is backstroke and doing safety jumps.

STROKE SUPER SWIMMER



Indiana Camposano

Indiana likes coming to JLF and swimming because she can go faster. Her favorite stroke is Freestyle.

No Happy Nappy, NO SWIM

To ensure a safe, clean, and enjoyable swimming experience for everyone, **any child who needs a nappy must wear a Happy Nappy in the pool.**

Happy Nappies are specially designed swim nappies that provide a secure and snug fit to help prevent accidents in the water. Regular nappies are not suitable for swimming, as they can leak and cause hygiene issues in the pool.

By using a Happy Nappy, you're helping us maintain a hygienic environment and reduce class disruptions caused by accidents.

Happy Nappies are available for purchase at Just Like Fish Reception.

Thank you for your cooperation and for helping us keep the pool safe for all!

Stay Healthy during Winter

It's important to stay healthy during winter. Here are few tips and tricks to increase the chances of staying healthy through winter.

- Dry off properly. Especially your hair. Try not to leave with your hair wrapped in a towel as this keeps the moisture in;
- Make sure you have a dry towel. And if possible, leave the pool dressed or in a robe or hooded towel;
- Keep swimming consistently as this builds resilience from an overall health perspective by increasing the strength of your children's lungs;
- If your child is ill, please keep them home and let us know and that way you can make up your lesson through the season.



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

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.

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



🏆 CONGRATULATIONS, TEAM! 🏆

🌟 On Friday night we came together to celebrate the end of our HVAS Swim Club 2024/25 season! 🥳 We recognised our amazing swimmers, and everything they achieved throughout the year!

We were lucky enough to welcome a number of new faces this year, and have had a blast with you all! We can't wait to see you all back in action when the new season kicks off later in the year 😊

A huge thanks to all our new and returning parents, volunteers and committee members who make it all possible! 🙌

Thank you to Dullboys Rutherford for having us, and of course to The Medal Man for another year of impressive trophies and medals! 🏆🏆🏆

Congratulations to the kids for all your commitment and hard work, with special mention going to our top 10 place getters, and Charlotte who was top point score winner for the season!! 🏆🥳



DAMON RODD

MANAGING DIRECTOR
JUST LIKE FISH

As we move into the cooler months, I want to take a moment to thank you for your continued dedication to your child's swimming journey. Winter is a crucial time to maintain consistency in the water, helping children retain their skills, build strength, and stay confident—even as the weather cools down.

It's been great to get the video assessment process back up and running and seeing and hearing the swimmers receiving their certificates. A quick reminder to make sure you change classes after receiving their certificates.

Thank you for being part of our swim school family. We're proud to be part of your child's growth and look forward to a warm and positive winter of great progression.

Take care and see you at the pool!
Damon