



# JULY NEWSLETTER

JUST LIKE FISH SWIM SCHOOL

July 2025  
Issue #23



## 🤢 A FRIENDLY REMINDER TO ALL PARENTS & CARERS 🤢 PLEASE PICK UP AFTER YOUR CHILDREN

To our amazing JLF families,

We love that Just Like Fish is a place where children can learn, grow, and enjoy the water—but we kindly remind everyone to please clean up after your children, especially in the case of toileting accidents or dirty nappies. This includes all areas of the facility such as the car park, change areas, pool deck, and other shared spaces. Your cooperation helps keep our environment clean, safe, and enjoyable for all.

We've recently had quite a number of unfortunate incidents where poo has been left behind in change areas, showers and toilets. This creates serious hygiene risks and is unpleasant for others using the facilities.

- ✅ Please dispose of nappies properly in the bins provided
- ✅ Wipe down change tables after use
- ✅ Please clean up after your child in case of an accident, this includes poo
- ✅ Let our team know if an accident happens and you need assistance

Let's all do our part to keep the swim school safe, clean, and comfortable for everyone.

Thanks for your cooperation and care,  
The Just Like Fish Team 🐟

## NO HAPPY NAPPY, NO SWIM

For a safe and clean swimming experience, **all children who need a nappy must wear a Happy Nappy in the pool.** Regular nappies aren't suitable as they can leak and cause hygiene issues.

Happy Nappies are designed to prevent accidents and keep our pool environment hygienic. They're available for purchase at Just Like Fish Reception.



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

[www.facebook.com/justlikefish](https://www.facebook.com/justlikefish)  
[www.instagram.com/justlikefish/](https://www.instagram.com/justlikefish/)  
<https://bit.ly/JLFGoogleReview>

# JULY SWIMMERS OF THE MONTH

## INFANTS SUPER SWIMMER



**Harrison Thomas**

Harrison and mum love to come to JLF as they love to splash. Rachel (Harrison's teacher) said he has improved so much.

## SURVIVAL SWIMMER



**Felix Venz**

Felix loves swimming and also loves his teacher Rachelle. His teacher Rachelle said that he has improved out of sight.

## STROKE SUPER SWIMMER



**Ishika Arora**

Ishika likes swimming because it helps her grow and she loves coming to JLF as the Instructors are very kind. Her favourite stroke is Freestyle.

## SQUAD SWIMMER



**Charlotte Kelly**

Her favourite things about JLF are all the nice people and being able to hang out with her friends. Her favourite stroke is breaststroke and her goal is to place in the top 10 at nationals



## 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



### How to advise via the Simplyportal that you are not attending a lesson

Before you can book a make-up class, you'll need to log your child's absence in the portal so the system can issue a make-up credit.

Here's how:

- 🔑 Log in to your Simplyportal
  - 👤 Click on the student's name
  - 📅 Find the class your child will miss and click "Not Attending"
  - ✅ Once submitted, the system will allocate a make-up credit to your account
- ⚠️ Logging the absence ahead of time is required to make a make-up class available.

## Nappies

For the health and safety of all swimmers, **please do not remove baby nappies in or near the pool area**. We've had several recent incidents, and we kindly ask for your help in keeping our facilities clean and hygienic.

### Keep Your Details Up to Date

Make sure your details are up to date so you don't miss important updates, schedule changes, or announcements.

Updating is quick and easy—just log in to the portal or chat with our friendly team next time you're in.

Keeping your info current helps us stay connected and support you better!



## DID YOU KNOW THAT YOU CAN BOOK MAKEUPS THROUGH THE SIMPLY PORTAL!

Need to book a make-up class for your child?  
Follow these simple steps to book it through your customer portal!

### ✔ Step 1: Log in

Head to your Simplyportal and log in with your account details.

### 😊 Step 2: Select Your Child

Click on the name of the Child you wish to book a make-up class for.

### 📅 Step 3: Click "Book Make-up Class"

If your child has a make-up class available, you'll see the "Book Make-up Class" option.  
Note: This option will only appear if a make-up is owed.

### 🔍 Step 4: Choose a Class

Browse the available class options, select your preferred schedule, and click "Continue."  
Tip: If no options appear, classes may be full. Check back later!

### ✔ Step 5: Confirm Your Booking

Review the details, then click "Confirm Booking" to secure your spot.

### 📄 Step 6: Check the Student Profile

You'll see a "Make-up Class" icon under the student's enrolments if your booking is successful.

If you don't see it, your booking wasn't confirmed—please repeat Step 5.

If you need help at any point, feel free to reach out to our JLF team—we're happy to assist!

Happy swimming!

## Why Swimming is the Most Complete Workout 🏊‍♂️🏊‍♀️

Swimming isn't just a fun way to stay active—it's one of the most effective full-body workouts you can do. Here's why:

- ❤️ Promotes a healthy heart – Builds strong circulation and cardio endurance
- 👃 Enhances breathing ability – Improves lung capacity and respiratory health
- 💪 Engages the whole body – Tones and strengthens muscles head to toe
- 👉 Gentle on joints – Low-impact and easy on the body
- 😊 Boosts mood and reduces stress – Supports mental health and emotional balance
- 🔥 Helps manage weight – Burns energy and supports healthy body weight
- 🦷 Supports flexibility and range of motion – Encourages smooth, full-body movement
- 🌍 Inclusive and adaptable – Suitable for all ages, fitness levels, and abilities





## 🏆 CONGRATULATIONS, TEAM! 🏆

What a fantastic weekend of swimming at the NSW Country SC Championships at Sydney Olympic Park! Our swimmers put on an incredible show with 7 top 10 finishes overall – an amazing achievement! ★

🔥 Evie with her best ever SC Country result - achieving 4 top 10 finishes and some outstanding PBs - she absolutely smashed it!

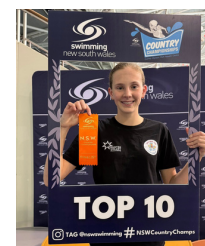
🌟 Charlotte with her very first 2 top 10 finishes and racking up more impressive PBs, including a massive 4-second drop in her 100m breaststroke!

🌞 Saxon bringing home a finalist ribbon with a top 10 finish in his 100m backstroke – an impressive effort especially so close off the back of injury!

💖 Huge shoutouts going to Savi on her first ever qualification for Country Champs ✅ and Armanii on her first SC Country 🏆 – great results all round!

We are so incredibly proud of every single swimmer. The hard work, dedication, and perseverance you've shown through our swim program is truly paying off!

Finally, a massive thank you to our coach Damon Rodd, for being there all weekend supporting our team, and in the lead up such a big event! Well done, team!!! 🌞🌈



As we come to the end of the winter season, I want to take a moment to thank you all for your continued support—it's been fantastic to see so many families staying committed despite the cooler months.

We hope you've started to see the rewards of your children's hard work in the pool. Our squad and competitive swimmers certainly have, with one of our strongest performances at the NSW Country Championships in recent years. A special congratulations to Charlotte Kelly and Evie Granger—your dedication and results have been incredible. Well done, girls!

Looking ahead, we're excited to see the results of the hard work everyone has put in over winter come to life in the warmer months—whether it's enjoying time with family at the pool, achieving results in school carnivals, or making waves in competitive swimming. We can't wait to hear your stories and celebrate those achievements with you.

You may have noticed a few changes to our team. While we're sad to be saying goodbye to Donna, we're thrilled to have welcomed some new faces to the Just Like Fish family. They've settled in beautifully, and we're actively supporting them through our training and upskilling program so they can deliver the high-quality experience we're proud of.

We look forward to continuing to grow and improve, and we're grateful to have you as part of the journey

Damon



### DAMON RODD

MANAGING DIRECTOR  
JUST LIKE FISH