



AUGUST NEWSLETTER

JUST LIKE FISH SWIM SCHOOL

August 2025
Issue #24



DID YOU KNOW - THE SHOCKING TRUTH ABOUT AUSSIE KIDS AND WATER SAFETY!

Recent research by Royal Life Saving Australia has highlighted some worrying gaps in swimming and water safety skills among Aussie kids:

- Almost **1 in 2 Year 6 students** (aged 11-12) can't swim 50 metres or tread water for 2 minutes – the national safety benchmark.
- By Year 10, the problem continues, with nearly **40% of students** still falling short.
- Even more concerning, **84% of 15-16 year olds** are unable to swim 400 metres and tread water for 5 minutes – the standard expected of 17-year-olds.

Another 2024 study also revealed that **4 in 10 children finishing primary school** do not meet the national benchmarks for swimming and survival skills.

These findings remind us just how vital it is to equip our kids with strong swimming and water safety skills – skills that could one day save their lives.

Let's Get Swimming! Chat with our friendly JLF Reception Team and find the perfect class today for your child!

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

AUGUST SWIMMERS OF THE MONTH

INFANTS SUPER SWIMMER



Maggie McNamara

Maggie and parents love coming to JLF because of the culture and also they love her teacher Rachael B. Maggie loves swimming lessons and she especially like submersions and tipping the cup over herself.

SURVIVAL SWIMMER



Amron Singh

Amron loves learning to swim and dreams of one day going to the Olympics. He says swimming is a great sport that he really enjoys, especially being in the water. His favourite strokes are rocket and big arms.

STROKE SUPER SWIMMER



Archie Brooks

Archie loves being in the water because it cools him down. His favourite stroke is freestyle and he loves all of the teachers at JLF.

SQUAD SWIMMER



Lila Grainger

Lila's favourite stroke is butterfly, and she especially enjoys swimming because it helps keep her fit and healthy. Lila also loves the fun and entertaining group of swimmers she gets to train with each week, making her time in the pool even more enjoyable.



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!

REMINDER: PARENTS MUST REMAIN ON-SITE DURING SWIMMING LESSONS

We would like to remind all families that parents or guardians are required to stay on-site during their child's swimming lessons. This policy is in place to ensure the safety and well-being of all participants.

While our instructors are trained professionals who focus on teaching and supervising children in the water, parental presence is essential in case of emergencies or unexpected situations that may arise outside the pool area. Your presence also helps younger swimmers feel more secure and supported.

Please plan accordingly and remain in the facility for the duration of your child's lesson. Thank you for your understanding and cooperation in helping us maintain a safe and supportive environment for everyone.

If you have any questions, feel free to contact our JLF team on the front desk.

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

♥ A big congratulations and the very best of luck to Charlotte, who is competing this afternoon at the 2025 NSW Senior State Age SC Championships!! What an incredible milestone to reach, and such a testament to all the dedication, hard work, and hours of training you have put in 🏆👏👩🏊



On Wednesday evening, Charlotte was proudly presented with her Hunter Valley Allstars Swim Club State Representative training bag and swim cap in recognition of this outstanding achievement 🏆 A well-deserved moment that highlights her commitment and passion for the sport.



We are all so proud of you, Charlotte, and the whole club is behind you every step of the way. Go out there, give it your best, and know that we'll be cheering you on loudly!! 🙌🏆

Get Ready to be a Swim Champ at JLF Swim School

With the recent success of the Australian Swim Team people often ask where it started and the basic answer is Race Nights at Swim Club.

At JLF Swim School, we want to be giving back to the sport of swimming along with saving lives. One of the best ways to do this is by introducing children within our program to a swim club environment to grow the sport through fun, and camaraderie of Swim Club.

Damon and several of our instructors have all come through the swim club environment and know the benefits it gives children of all ages and levels. Our aim is to introduce competition to children in a fun and friendly way for them to grow further as both people and swimmers.

Why do Swim Club with Hunter Valley All Stars?

- Coaches are there to assist and give immediate feedback;
- Great individual sport healthy fun challenging;
- Adjust our program to suit their needs;
- Improved self confidence;
- Low Cost - \$75 per season;
- Family type environment;
- Only available to swimmers within our program; and
- Improved results at School Carnivals.

Swim Race nights caters to swimmers from 3 years old and above and includes bubble races, and various strokes and caters to all levels of swimmers. There is no restriction to any child based on their ability and is a further way for our swimmers to monitor their improvement. It also helps to prepare them for things such as school carnivals and is the starting point for furthering your child's journey in the sport of swimming.

The Swim club is every Friday night during the school term and the start time will be 6:45 PM and will commence Friday 17th October.

To find out whether this is appropriate for your child, further please speak to Mack or Damon.

Information sheets will be available from 10th September at JLF Front desk on how to join etc.



Price Update – From 15th September 2025

We wanted to let you know that from **15th September 2025** our lesson prices will be rising slightly.

Like many businesses, we've been experiencing rising costs in areas such as gas, electricity, wages and superannuation. We've also been making important improvements – including better water quality management, and extra staff training and conferences so our amazing teachers can continue to grow and bring the very best to your children's lessons.

We've also been focusing on keeping families more connected, with clearer communication and regular updates on your child's progress. And this is just the beginning – we have even more exciting improvements on the way to make your swim school experience the very best it can be!

We have done our very best to keep this increase to a minimum. The new lesson prices will be:

- Group lessons: **\$23.10 per lesson**
- 15-minute private lesson: **\$33.50**
- 30-minute private lesson: **\$67.00**

For families on Direct Debit, these changes will start from **26th September 2025**.

We know that price changes can sometimes be challenging, so if your family is experiencing financial hardship, please reach out to us – we'll always do our best to support you.

Thank you for trusting us with your children and for being such an important part of our swim school community. We're so grateful to have you with us on this journey. ❤️

Welcome back to all our returning families and a very warm welcome to all of our new customers who have joined us this month. It's been a great start to August, and we're so pleased to see the pool buzzing with energy.

Our continued support for you all through Baby Swim has been fantastic, and it's wonderful to see the amazing results coming from that program. We'd also like to welcome our new staff members who have joined the Just Like Fish family. With our growth continuing at a fairly rapid rate, it's exciting to see fresh faces becoming part of the team.

📌 A quick note on fees: due to rising costs – including, but not limited to, wages, energy, and rent – and with an increased training budget to ensure our lessons remain of the highest quality, we've had to implement a price rise. We've worked hard to keep this increase to a minimum and truly appreciate your understanding as we continue to provide the best possible environment for your children.

We're also looking at further increasing the size of our Swim Club. We are now taking new members, and flyers with all the details are available at reception. For more information, please refer to the article above, or if you have any questions, speak to Mack or Damon, who will be more than happy to help.

Thank you again for being such an important part of the Just Like Fish family. We look forward to another great summer season of growth, fun, and progress in the pool.

Damon



DAMON RODD

MANAGING DIRECTOR
JUST LIKE FISH