

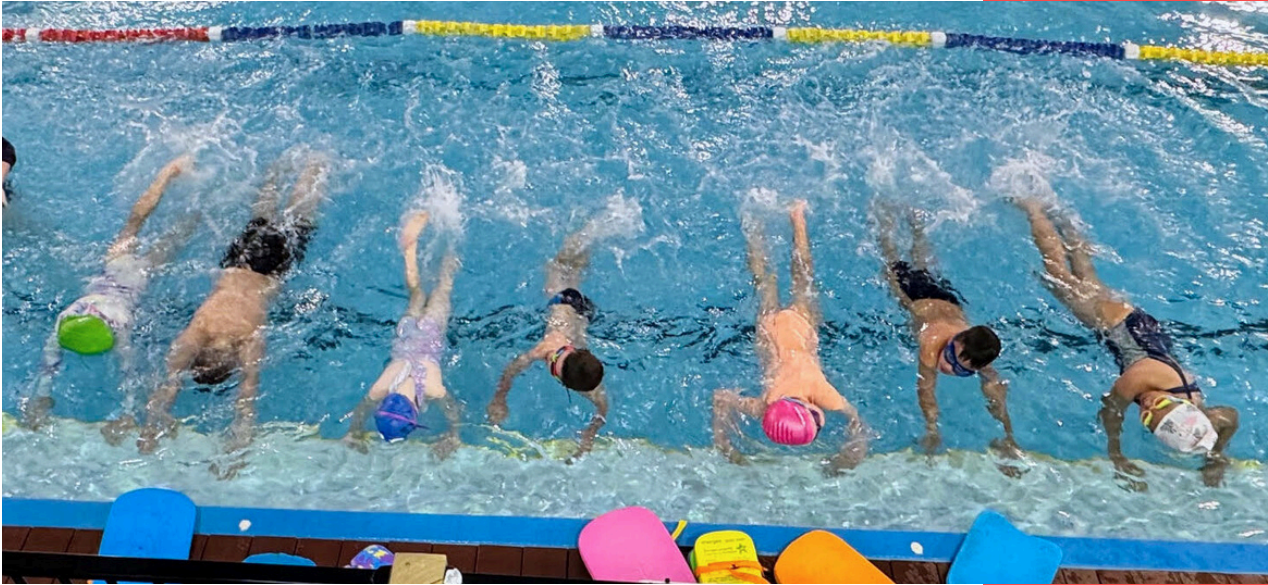


OCTOBER NEWSLETTER

JUST LIKE FISH SWIM SCHOOL

October 2025

Issue #26



From Babies to Young Adults: Keeping Your Child Safe Around Water

At Just Like Fish, we know that water safety starts from the very beginning – from babies in arms right through to confident young swimmers. While some rules never change (like the importance of supervision), the way we keep children safe evolves as they grow.

As little ones start to move and explore, their curiosity leads them to discover exciting new places – including the pool, garden ponds, or water features. To them, these spots look like fun, but they can also pose serious risks if not properly supervised.

Understanding your child's stage of development helps you stay one step ahead. Each age group faces different challenges when it comes to water safety, and knowing what to look out for can make all the difference.

Young children are naturally drawn to water but are too young to recognise danger. **That's why active adult supervision is absolutely vital.**

According to Royal Life Saving:

- **Ages 0–4 years:** Always be in the water, within arm's reach, and actively supervising.
- **Ages 5–10 years:** Stay close – actively watch from the water's edge.
- **Ages 11–14 years:** Keep regular check-ins and stay aware of what's happening around the water.

At Just Like Fish Swim School, we're so proud to be part of Australia's rich swimming tradition.

Every lesson helps children grow in skill, confidence, and their love for the water – and who knows, the next Olympic champion might just be swimming in our pool today!

 **Let's keep making a splash together – one lesson at a time.**

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>

OCTOBER SWIMMERS OF THE MONTH

INFANTS SUPER SWIMMER



Ace

Mum thinks swimming is very important. She takes her children to Just Like Fish so they can learn how to swim.

SURVIVAL SWIMMER



Phoebe Stanshall

Phoebe's favorite stroke is backstroke and she loves coming to JLF because she gets into the warm water and Anita gives out stickers or mini turtles and swimming makes her happy.

STROKE SUPER SWIMMER



Ruby Basista

Ruby's favorite stroke is backstroke and she loves coming to JLF because she can learn how to swim.

SQUAD SWIMMER



Savi Macpherson

Savi loves swimming at JLF and being a part of the Hunter Valley All Stars with all of her friends. Her favourite stroke is breaststroke and she loves competing and winning medals.



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

Why Just Like Fish?

Attention parents, did you know that drowning is one of three leading causes of accidental death in children under five? But it doesn't have to be.

At **Just Like Fish Swim School**, we believe every child deserves to feel safe, learn a life skill and be confident in the water. Our caring instructors create a fun, supportive environment where swimmers learn vital water safety and swimming skills at their own pace.

- Lessons for babies, toddlers, and kids of all ages
- Small class sizes for maximum attention
- Warm indoor pool—perfect all year round (a constant 32 degrees)
- Free Babyswim classes for new families
- Flexible make-up lessons available

If you have any other children to join our classes or would like to refer us to family and friends, we'd love to welcome them!

🏊 Call our team at Just Like Fish today—because peace of mind is priceless.



Swim Club Update

The first few weeks back at Hunter Valley All Stars Swim Club for the 2025 summer season have been a blast! The energy has been electric as returning members jumped back in with big smiles and plenty of excitement. We've also welcomed an abundance of new swimmers trying out competitive swimming for the very first time. It's been fantastic to see both familiar and fresh faces across such a wide range of abilities.

Our parents have been on their A-game, enthusiastically timekeeping and cheering from the sidelines, while our incredible committee has worked tirelessly behind the scenes to keep everything running smoothly. It's been wonderful to see so many kids and families come together to share their love of swimming. The excitement has truly been contagious!

Here's to a fun-filled, fast-paced season ahead!

What a month it's been! A huge thank you to Mack and our incredible team for holding the fort while Anita and I were away visiting my children and attending a business conference. Everyone did a magnificent job, and we're so grateful for the way things ran so smoothly in our absence.

A warm welcome to all our new families who've joined us recently – October was a record month for new enrolments, which is just fantastic! We hope you're enjoying your lessons and settling into the Just Like Fish program. If there's ever anything we can be doing better, please don't hesitate to let us know – your feedback helps us keep improving.

A special shout-out to our Swim Club committee and Mack for their amazing work getting Swim Club off to such a strong start this term. We've seen record numbers joining in – it's never been about size for us, but rather about quality, enjoyment, and development. Still, it's great to see the program growing and so many new faces enjoying the sessions.

As we move toward the end of the year, school swimming carnivals are just around the corner! Keep an eye out for our upcoming intensives and carnival-prep programs to help swimmers get race-ready and confident in the water.

Thanks again to everyone for your continued support – we're looking forward to another great month ahead!

Thanks
Damon



DAMON RODD

MANAGING DIRECTOR
JUST LIKE FISH