



MARCH NEWSLETTER

JUST LIKE FISH SWIM SCHOOL

March 2026
Issue #31



JOIN US FOR SCHOOL HOLIDAY INTENSIVES – 5 DAYS OF SWIMMING LESSONS WITH OUR INCREDIBLE INSTRUCTORS!

Looking for a fun and productive activity these school holidays?

- ✓ Open to all levels, from Starfish 1 to Eels
- ✓ Only \$80 for JLF members and \$90 for non members
- ✓ Opportunity to boost swimming skills in a short time!
- ✓ Dates: 13th to 17th April 2026 (Every morning)
- ✓ Times: 1/2 hour sessions between 7.30am to 9.00am

Note: Make-up lessons cannot be used for School Intensives

☎ Call Just Like Fish at 4915 7100 or see our team on reception to secure your spot today—don't miss out! 🐟❤️



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>

MARCH SWIMMERS OF THE MONTH

INFANTS SUPER SWIMMER



Olivia Cooper

Olivia loves her lessons and her teacher Piper. Her favourite thing to do is go under the water.

SURVIVAL SWIMMER



Frankie Paull

Frankie loves swimming, especially because she gets to swim with her cousins. She enjoys coming to Just Like Fish, as she really likes the teachers there. Her favorite stroke is freestyle.

STROKE SUPER SWIMMER



Paige Pryke

Paige's favourite stroke is breaststroke and she loves everything about her lessons. Her favourite thing about Just Like Fish is doing swim club with her sister

SQUAD SWIMMER



Evie Grainger

Evie's favourite stroke is backstroke and she loves swimming because it keeps her fit. She loves Just Like Fish because of the friendly atmosphere.

Swimmer of the day for Zone Carnival



Callie Ninness

Swimmer of the day for Zone Carnival. Congratulations for trying so hard and a fantastic freestyle - WELL DONE!



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

Safety Week

Mon 23rd - Sat 28th March 2026

Why We Do Safety Week:

We run Safety Week to teach children essential water safety skills. Wearing pyjamas over swimmers helps them experience how it feels to be in the water fully clothed. Safety Week helps children build confidence, resilience, and the skills to stay safe in and around water. ❤️

What Children should wear:

Children should wear long pajamas over their swimmers to help practice essential water safety skills. **Parents** attending infant classes (**Waterbabies to Waterkids**) are also asked to wear long pajamas, together with their children.

If you have any questions, please feel free to speak to our JLF team on reception.

Easter & Anzac Day Closure Dates

Our swim school will be closed for the Easter break from **April 3 to April 6**. If your scheduled lesson falls on Friday, Saturday, or Monday during this period, you will not be charged. We will reopen on **Tuesday, April 7**, and look forward to seeing everyone back in the pool refreshed and ready to swim!

Wishing Our Swimming Family a Happy Easter! May your Easter be filled with joy, laughter, and plenty of chocolate! Enjoy the egg hunts and special moments with family and friends. From all of us at Just Like Fish Swim School.

We will also be closed on Anzac Day, **Saturday, April 25 and Monday April 27**, as we take time to reflect and honor those who have served. Lessons will resume as usual on **Tuesday, April 28**. Thank you for your understanding, and we look forward to seeing you soon!

Safe in the Water: The Importance of Swim Skills for Autism

Children with autism face a significantly higher risk of drowning, often due to wandering and reduced awareness of danger. Recent data from Florida shows more than 100 children with autism have drowned since 2021, highlighting the urgent need for accessible swim education.

Specialised swim programs are making a difference. With trained instructors, one-on-one support, visual communication tools, and calm, sensory-friendly environments, children who once feared the water are learning vital safety skills — and thriving.

Research shows many autistic children can master essential water survival skills with targeted instruction. While some families face barriers accessing suitable lessons, advocacy groups worldwide are working to train instructors and expand inclusive programs.

For many families, these lessons are more than swimming — they're life-changing. As one parent shared, beyond the skills learned, it's the joy and confidence in the water that matter most.

Swimming isn't just an activity — for children on the spectrum, it can truly save lives.

MAKEUPS EXPLAINED

Make-up lessons are a service we offer to support our swimmers in staying on track when a lesson is missed, ensuring their progress isn't disrupted when other commitments arise.

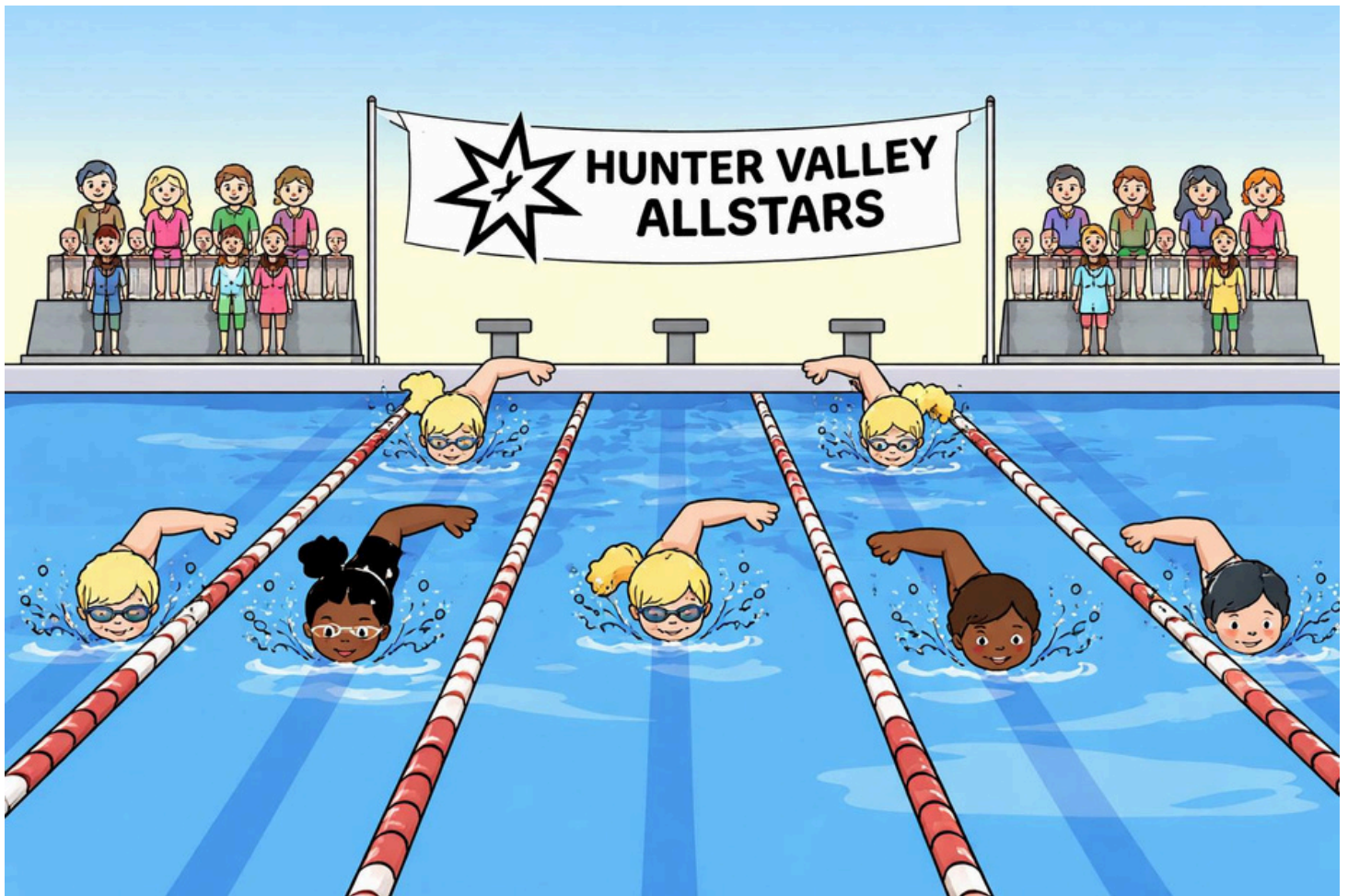
Please note that make-up lessons are not a financial credit. They are an opportunity to reschedule and attend a lesson that has already been paid for, so you are not at a financial disadvantage. Makeups can be done through the SimplyPortal app.

MAKE-UP LESSONS POLICY

Make-up lessons are available to all students. Please see the guidelines below:

- Absences must be recorded via the online portal prior to your scheduled lesson to be eligible for a make-up. This includes holidays, illness, or any other reason for non-attendance.
- A \$5 administrative fee applies to make-up lessons booked over the phone.
- Make-up lessons do not expire and can be accumulated over time.
- There is no charge for make-up lessons.
- Make-up lessons cannot be rescheduled. If you are unable to attend a booked make-up lesson, it will be forfeited.
- All make-up lessons are subject to availability.
- Make-up lessons will not be credited upon cancellation of enrolment.
- Make-up lessons cannot be used for School Intensives or School Carnival Boot Camps.
- Make-up lessons cannot be applied toward regular weekly lessons.

You can record absences and book make-up lessons through your online customer portal. We strongly encourage using the portal whenever possible for convenience and efficiency.





HVAS Club Championships 2026

Our Club Champs will be held Sunday 29 March 2026 at Just Like Fish Swim School





 Arrival: 8:30am

 Racing starts: 9:00am

It's shaping up to be a fantastic club day, filled with racing, fun, and our club spirit! We'll have a BBQ running for breakfast and lunch, and House of Roast will be open for coffees  

- Age Championships – swimmers 6 years and over
- Splashers will have 2 fun swims
- Junior & Senior Championship races – invite only
- Most swimmers have qualified, so please keep an eye out for the RSVP link and respond

ASAP so we can finalise races, catering and volunteer roles.

More details will be shared via email, Facebook and Stack App    



AMAZING RESULTS FROM OUR SWIMMERS

It's been another big few weeks for our Hunter Valley All-Stars representative swimmers!

Firstly, the performances through the school swimming carnival pathway have been nothing short of outstanding. We've had 10 of our swimmers qualify through to regionals, with four progressing all the way to state—a fantastic achievement. Congratulations to Jackson Hutchison, Alicia Carmody, Evie Granger, and Charlotte Kelly, who will now compete at the State Championships at the end of April. We wish you all the very best.

From a Hunter Valley All-Stars competition perspective, there have been some incredible individual performances. A huge congratulations to Alicia Carmody, who competed at a multi-class carnival in Sydney, delivering an outstanding performance with 1st place in both the 50m freestyle and 50m backstroke, along with equal 1st in the 25m butterfly—an exceptional effort.

Once again, Evie Granger has continued her incredible form, competing at the State Speedo Sprint Finals and finishing 3rd in the 50m backstroke. This is a fantastic result, especially backing up from her strong performances at the Country Championships the week prior.

A great reminder that all of these swimmers have come right through our program. Their success is a direct reflection of their hard work, consistency, and commitment to their training over time—something we are incredibly proud of.

Finally, we wish all of our swimmers the very best of luck as we head into our Club Championships on March 29th. With the number of swimmers we now have in our club, it's shaping up to be a fantastic day of racing. We're looking forward to some great competition across all age groups and, most importantly, a fun and rewarding day for everyone involved.

Good luck to all swimmers—we can't wait to see how you go!



What a fantastic March it has been at Just Like Fish!

This month, we've been especially proud of our swimmers and their performances across school swimming carnivals. It's been incredible to see so many of our swimmers progressing through to the next levels, with five swimmers qualifying for primary school regionals and five swimmers qualifying for high school regionals—our best school swimming result in a long time.

Even more exciting, we've had four swimmers progress through to state level—a huge achievement. Congratulations to Jackson Hutchison, Evie Granger, Charlotte Kelly, and Alicia Carmody on this outstanding result. We are incredibly proud of your efforts and the way you've represented both yourselves and our program.

A big part of this success can be attributed to the introduction of our Junior Squad Program, which began in October. It's been fantastic to see the results already coming through, and we're excited to continue building and expanding this program even further in the months ahead.

Combined with the outstanding performances from our Hunter Valley All-Stars, this summer has been a real highlight for our program and a testament to the pathway we are continuing to build from learn-to-swim through to competitive swimming.

We've also loved welcoming so many new baby swimmers into the program. It's amazing to see their confidence grow and skills develop right from the very beginning of their journey.

To our team – thank you. The consistency and quality of teaching has been outstanding, and it's clearly reflected in the progress of our swimmers and the results we are seeing across all levels.

It's also been fantastic handing out so many certificates over the past few weeks and seeing swimmers move up through their levels—these are moments worth celebrating.

With the school holidays coming up, this is a great opportunity for families to take advantage of make-up lessons and catch up on any missed swimming throughout the term. It's also a fantastic way for swimmers to continue building their skills and stay active during the holidays.

We also look forward to seeing everyone getting involved in Safety Week next week. This is something we will be running each school term, with water safety remaining a key part of what we do. Participation and skill development in this area are incredibly important, and it's a great opportunity to build awareness for both swimmers and parents as we continue to grow this part of our program.

Please note we will be closed over the Easter period. We wish all of our families a happy and safe Easter, and safe travels to those heading away.

As we move into the winter months, we're excited to continue building on this momentum and supporting every swimmer on their journey.

Thank you to our incredible team and families for your continued support.



DAMON RODD

MANAGING DIRECTOR
JUST LIKE FISH

Just Like Fish Swim School

is committed to implementing the Child Safe Standards.



STANDARD 1

Child safety is embedded in organisational leadership, governance and culture



STANDARD 3

Families and communities are informed and involved



STANDARD 2

Children participate in decisions affecting them and are taken seriously

STANDARD 4

Equity is upheld and diverse needs are taken into account



STANDARD 5

People working with children are suitable and supported



STANDARD 6

Processes to respond to complaints of child abuse are child focused



STANDARD 7

Staff are equipped with the knowledge, skills and awareness to keep children safe through continual education and training



STANDARD 8

Physical and online environments minimise the opportunity for abuse to occur



STANDARD 9

Implementation of the Child Safe Standards is continuously reviewed and improved



STANDARD 10

Policies and procedures document how the organisation is child safe

For more information on the Child Safe Standards visit www.ocg.nsw.gov.au



Office of the Children's Guardian