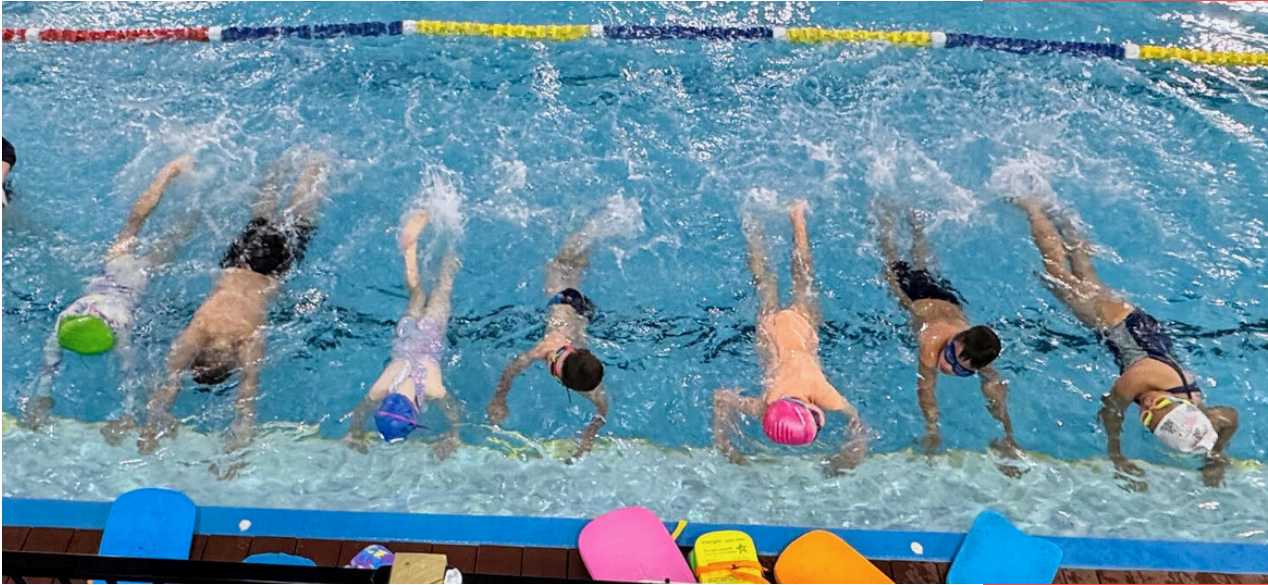




# JUNE NEWSLETTER

JUST LIKE FISH SWIM SCHOOL

June 2026  
Issue #34



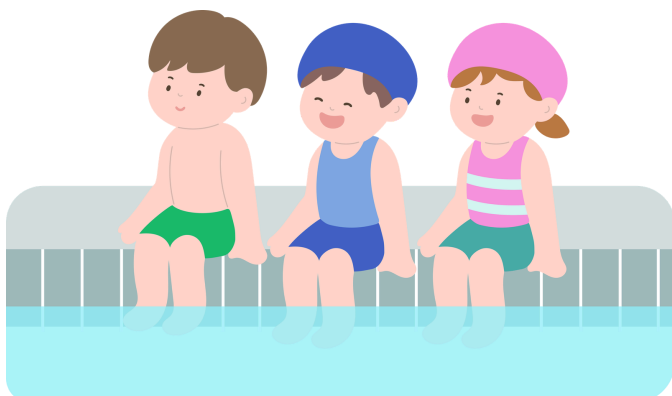
## JULY SCHOOL HOLIDAY INTENSIVES AT JUST LIKE FISH SWIM SCHOOL!

5 DAYS OF SWIMMING LESSONS WITH OUR INCREDIBLE INSTRUCTORS! ❤️

Looking for a fun and productive activity these school holidays?

- ✅ Open to all levels
  - ✅ Only \$80 for JLF members and \$90 for non-members
  - ✅ Opportunity to boost swimming skills in a short time!
  - ✅ Dates: 6th July to 10th July 2026 (Every morning)
  - ✅ Times: 1/2 hour sessions between 7.30am to 9.00am
- \*\* Payment required at time of booking - no make-ups can be used towards intensives.**

📞 Call Just Like Fish on 4915 7100 or see our team at 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](https://www.facebook.com/justlikefish)  
[www.instagram.com/justlikefish/](https://www.instagram.com/justlikefish/)  
<https://bit.ly/JLFGoogleReview>

# JUNE SWIMMERS OF THE MONTH

## INFANTS SUPER SWIMMER



**Rome Lamb**

Rome absolutely loves his teacher Chloe and does so well with her. He now loves going under the water and has been working really hard on his splashing toes.

## SURVIVAL SWIMMER



**Nuwee Kurukulasuriya**

She loves swimming because she enjoys doing swim-outs and having fun in the water. Her favourite thing about Just Like Fish is practising her safety jumps, and in her lessons, she especially loves throwing the toys into the pool and swimming to collect them!

## STROKE SUPER SWIMMER



**Lucas Hirneth**

Lucas loves swimming because it keeps him fit, healthy, and active. He loves Just Like Fish because he learns a lot, has a great time, and enjoys being around all the nice people. His favourite stroke is freestyle.

## SQUAD SWIMMER



**Edward Reed**

His favourite stroke is backstroke and he loves swimming with the other kids and having fun. He loves Just Like Fish because he's been here for a long time and there's so many friendly people here.



## 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

## JUST LIKE FISH SWIM SCHOOL - 1<sup>ST</sup> HALF OF THE YEAR MILESTONE



Whale Done Awarded for extra special achievement

150



Free BabySwim  
Classes taught

553

Squad lessons

3,005

Team of  
Swim  
Instructors (up by 3 from last year)

15

Celebrating  
1st Half of the  
Year

32,199 Lessons  
taught in  
the 1st half  
of the year



63%

Students who moved up a level or two



# KEEP YOUR KIDS SWIMMING THIS WINTER & SAVE 50% ON LESSON TWO

Keep the momentum going this winter and give your child a head start for summer with our exclusive Winter Special

From 1st May to 1st September 2026, enrol your child in a second weekly lesson and enjoy 50% off that second lesson for this limited-time offer.



No need to worry about the cold – our pool is kept at a warm and comfortable 32°C all winter long, ensuring every lesson is enjoyable and stress-free.

This is the perfect opportunity for your child to refine their swimming skills, build confidence in the water, stay active during the colder months, and continue progressing with consistent practice.

All of this takes place under the guidance of our experienced instructors in a safe and supportive environment.

For more information or to get started, call us on 4915 7100 or speak with our friendly JLF team at reception – we're always happy to help!


## BREATH CONTROL: BUILDING CONFIDENCE IN THE WATER

Strong breath control helps young swimmers feel calm, confident, and in control in the water  

### ***Try these simple activities at home:***

- ✓ Blow bubbles using a straw in a cup
- ✓ Practise slow and controlled nose breathing
- ✓ Try “humming breaths” during bath time

### ***Why it's important:***

- ✓ Helps children feel more comfortable with submersion
- ✓ Builds confidence in the water
- ✓ Supports progression into freestyle breathing 



With regular practice, children can develop better breathing habits, feel more relaxed in the water, and progress more smoothly throughout their swimming journey ✨



## HUNTER VALLEY ALL STARS – JUNE UPDATE

Winter is always a quieter time on the swim club calendar, but that certainly doesn't mean things have been standing still!

First and foremost, we'd like to wish Savi Macpherson, Evie Grainger, and Charlotte Kelly all the very best as they prepare to represent Hunter Valley All Stars at the upcoming Coast and Valley Swim Championships. All three are competing across multiple events, and we couldn't be prouder – go and show them what you're made of!

With Country Championships just two weeks later, the preparation doesn't stop there. We're looking forward to seeing how our athletes perform across both competitions as the season builds momentum. We'll also be taking our developing swimmers out to Toronto for a development meet, and we're genuinely excited to see how they've grown over the winter months with all the extra training they've been putting in.

These opportunities are invaluable, and it's a great chance to race and build confidence ahead of the season proper. Speaking of which – swim club is not that far away! It's been wonderful to see so many of you showing up to your weekly sessions and putting in the hard yards through the colder months. That commitment doesn't go unnoticed.

Well done to everyone – keep it up and it will absolutely pay off.

Damon  
Head Coach  
Hunter Valley All Stars



### DAMON RODD

MANAGING DIRECTOR  
JUST LIKE FISH

As we move through the winter months, we've been lucky to enjoy a milder season than usual – and while that's certainly welcome for most of us, our thoughts are with those in the farming community doing it tough during this time.

It's been another wonderful month at Just Like Fish! It's been fantastic to see so many families taking advantage of the discounted second lesson – the improvement we're witnessing across the pool is a real testament to your commitment and consistency. Keep it up!

We've also been working hard behind the scenes to better support children who are finding a particular level challenging or progressing at a slightly slower pace. To help with this, we've significantly increased the number of assessment videos we're producing to provide personalised feedback directly to families. We're thrilled with how this initiative has been received – so much so that our video output has grown by around 300%! We do ask that you bear with us as we work through the increased volume; your patience is genuinely appreciated.

As always, please make sure you're rugging up after your session – dry hair before heading out into the cold, and let's keep those winter bugs at bay! A heartfelt thank you to each and every one of you for your continued support throughout the winter. It means the world to our team, and we look forward to seeing you in the water soon.

Damon  
Just Like Fish Swim School

# 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](http://www.ocg.nsw.gov.au)



Office of the Children's Guardian