



JULY NEWSLETTER

JUST LIKE FISH SWIM SCHOOL

July 2026
Issue #35



IMPORTANT! reminders

A Friendly Reminder to Shower Smart!!

To help ensure everyone can enjoy a warm shower after their swim, we kindly ask all families to be mindful of others using our facilities.

Our showers are provided for a quick rinse after swimming. We ask that you please do not wash and condition hair at JLF showers, as this can use a large amount of hot water, clog our drains, and increase waiting times for other swimmers.



Thank you for being considerate of everyone in our swim community and for helping us keep our facilities available for all.

Car Parking Reminder!!

A friendly reminder to all our swim families to please be considerate when parking.

We kindly ask that you use the Just Like Fish car park or available street parking where possible. Please avoid parking in the neighbouring Indoor Sports Centre car park, as these spaces are needed for their customers.

Thank you for your understanding and for helping us be respectful neighbours within our community.



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>

JULY SWIMMERS OF THE MONTH

INFANTS SUPER SWIMMER



Koah Curtin-Edwards

Koah loves splashing and having the same teacher. He loves that we're a friendly and family orientated place.

SURVIVAL SWIMMER



Bella Cook

Bella loves swimming to build her fitness and enjoys being part of the JLF family, where her brother and sister also learned to swim. Her favourite skill is Bubble Arm Breath!

STROKE SUPER SWIMMER



Sia Ghadiali

Sia has loved swimming at Just Like Fish Swim School since she was one year old. She loves being in the water, enjoys the challenge of swimming, and her favourite stroke is breaststroke.

SQUAD SWIMMER



Charlotte Kelly

Charlotte has been part of the Just Like Fish family since she was just three months old. She loves both the social and competitive sides of swimming and is grateful to her coach, Damon, and the great friends she's made along the way. Her favourite stroke is breaststroke. Well done, Charlotte!



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

🔔 RING THE BELL & CELEBRATE SUCCESS! 🎉

Have you heard the bell ringing around the pool? 🔔

At Just Like Fish, the ringing of our celebration bell is one of our favourite moments! It means one of our swimmers has achieved something special, whether they've moved up to the next level or received an Achievement Award for their hard work, confidence, determination, or outstanding effort.



When the bell rings, you'll notice our teachers, swimmers, and families stop to clap and celebrate together. We believe every milestone, big or small, deserves to be recognised, and celebrating these achievements helps build confidence and encourages all of our swimmers to keep working towards their own goals. 🙌

We'd love your support! When you hear the bell, please join in with a big round of applause and help us make that child feel incredibly proud of what they have accomplished. Your encouragement creates a positive, supportive environment where every swimmer feels motivated to succeed. 🙌🙌🙌

Thank you for helping us celebrate the amazing achievements of our Just Like Fish swimmers. We can't wait to hear the bell ring again! 🙌





PRICE UPDATE – JLF SWIM SCHOOL

We wanted to let you know that from **28th August 2026** 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: \$24.90 per lesson**
- **15-minute private lesson: \$36.40**
- **30-minute private lesson: \$72.80**

🔗 For families on Direct Debit, these changes will start from **28th August 2026**.

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. ❤️



2026 NSW SC COUNTRY CHAMPIONSHIPS



What a weekend it was for our girls! Charlotte & Evie represented the club brilliantly at Country Champs, going head-to-head with 58 teams from across the state, and finishing 24th in the overall points score with just TWO swimmers! 🙌

The stats speak for themselves:

- ◆ 21 individual swims
- ◆ 17 top ten finishes
- ◆ 19 personal bests



That's an incredible PB rate for two athletes at this level. There were tears, there were laughs, and there was so much to be proud of! 😊

The cherry on top 🍒 they took out 'The Parade of the Clubs' photo entry with their brilliant "Twins" theme, and honestly... they actually pull it off! 😊 Shoutout to the creative parents behind that winning idea and everyone who voted! 🏆

Huge congratulations Charlotte & Evie, you did yourselves so proud, as you did the club as well! 🎉



HUNTER VALLEY ALL STARS MACQUARIE SHORES DEVELOPMENT CARNIVAL — A DAY TO REMEMBER

It's been an amazing month for our squad swimmers, and the Macquarie Shores Development Carnival was a real highlight.

Seven of our HVAS swimmers headed out to Toronto Pool to compete alongside Coast Shores Swim Club — Aliyah Gafa, Oliver Glover, Jakob Harshman, Ava James, Olly Lockwood, Edward Reed, and Chloe Theron — and what a day it turned out to be! Six of our swimmers brought home medals — and for many of them, it was their very first medal ever!

On top of that, nearly 100% of our swimmers achieved a personal best on the day. It was an incredible reflection of the hard work our squad has been putting in.

Another standout moment was Edward Reed qualifying for the Coastal Valley Championships in his backstroke events — a fantastic achievement and another great step forward in his development. But beyond the results, it was simply a wonderful day watching our swimmers enjoy each other's company, cheer each other on, and build the kind of camaraderie that makes competitive swimming so special.

Congratulations to every swimmer who competed — we're incredibly proud of you all!



MEDICAL SUSPENSIONS

Suspensions must be completed online via the Just Like Fish Swim School website - [Suspension of Lessons | Just Like Fish Swim School.](#)

Suspensions will occur at cost of **\$5 per lesson, per child** to hold your spot instead of your normal lesson cost, if approved with a medical certificate.

Medical suspensions will only be approved upon receipt of a valid medical certificate and are available **for a minimum of 2 weeks and a maximum of 6 weeks.**

All suspension requests will be reviewed and confirmed by email from our Admin Team within 72 hours. If you have not received a confirmation email within this timeframe, please contact our reception team to ensure your request has been received.



What a winter it's been at Just Like Fish!

Okay, so it hasn't exactly been the coldest one on record, but we know getting to lessons through the cooler months still takes a bit of extra commitment — so a massive thank you to all our families for your continued support. It really does make a difference.

Big shoutout to our amazing team too, who've powered through winter happy and healthy. So proud of how well everyone's looked after themselves this season. You'll also start seeing some new faces around the pool as we build up our team ready for a huge summer — please make them feel welcome!

It's honestly been a ripper winter for our squad and competitive swimmers alongside Hunter Valley All Stars. Huge congrats to Charlotte Kelly and Evie Grainger for their brilliant results at the elite level. And our younger up-and-coming swimmers absolutely smashed it too — big wrap for Jakob Harshman, who brought home five medals! We also saw a heap of PBs across the board, which is a great sign our competitive squad depth is really building. Congratulations as well to Edward Reed for his great swim at the development meet a few weeks back, qualifying him through to the Coastal Valley Championships — a significant achievement for him, and a great stepping stone toward even greater honours as he moves through to higher levels of competition.

Congratulations to all of these swimmers for the hard work they've put in together — it's setting them up perfectly for a great summer ahead, whether that's smashing their school swimming carnival, or just getting out and enjoying the water on holidays. It's awesome to see that investment starting to pay off! For all our kids who've kept showing up and swimming through the winter months, you've set yourselves up brilliantly for summer — ready to enjoy the holidays, take on school swimming carnivals, and make the most of the water.

And of course, on top of all that fun, you're building real health, fitness, and confidence benefits that'll stay with you well beyond the pool. We can't go past a mention of all the certificates and level-ups we've seen this term too — a great reflection of our push to make learning to swim better, easier, and faster for every family.

Before we wrap up, we do need to let you know that from August we'll be adjusting our pricing. This isn't a decision we've taken lightly, and honestly it's one we've put off for as long as we possibly could. Rising energy costs, wages, and superannuation have made it necessary for us to make this change, so that we can keep delivering the level of service you expect, and keep investing in staff training and program quality to make your family's experience the best it can be.

Thank you all for being part of the JLF community. Here's to a fantastic summer ahead!



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 4

Equity is upheld and diverse needs are taken into account

STANDARD 2

Children participate in decisions affecting them and are taken seriously



STANDARD 6

Processes to respond to complaints of child abuse are child focused

STANDARD 5

People working with children are suitable and supported



STANDARD 7

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



STANDARD 9

Implementation of the Child Safe Standards is continuously reviewed and improved



STANDARD 8

Physical and online environments minimise the opportunity for abuse to occur



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