



AUGUST NEWSLETTER

JUST LIKE FISH SWIM SCHOOL

August 2026
Issue #36



SEPTEMBER SCHOOL HOLIDAY INTENSIVES AT JUST LIKE FISH SWIM SCHOOL!

 5 DAYS OF SWIMMING FOR JUST \$85 — SAVE \$39.50!

That's five lessons for less than the cost of your regular weekly lessons! ❤️

Looking for a fun and productive activity these school holidays?

- ✅ Open from Starfish level 
 - ✅ Only \$85 for JLF members and \$95 for non-members
 - ✅ Opportunity to boost swimming skills in a short time!
 - ✅ Dates: 28th September to 2nd October 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
www.instagram.com/justlikefish/
<https://bit.ly/JLFGoogleReview>

AUGUST SWIMMERS OF THE MONTH

INFANTS SUPER SWIMMER



Vienna Ford

Vienna absolutely loves the water, and it has been wonderful to see her confidence grow throughout her time at JLF. She thrives in the positive and welcoming environment, and we love seeing her enjoy every lesson. Her favourite activity is definitely reaching and grabbing.

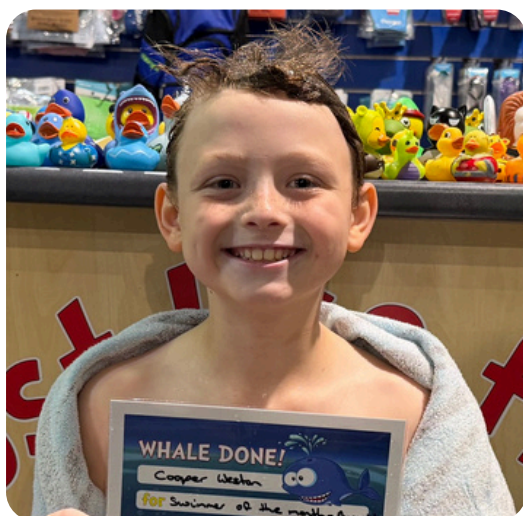
SURVIVAL SWIMMER



Imogen Daymond

Imogen loves swimming because she enjoys learning new skills and getting better in the water. She especially loves coming to Just Like Fish because she adores her teacher, Alison! Her favourite part of the lesson is her swim out.

STROKE SUPER SWIMMER



Cooper Weston

I love swimming because it's great exercise, and I just love being in the pool. My favourite thing about JLF is that the teachers are amazing, and everyone is so kind and welcoming. My favourite stroke is freestyle!

SQUAD SWIMMER



Olly Lockwood

Olly's favourite stroke is breaststroke and he loves swimming because it's fun and he gets to see his friends. His favourite thing about Just Like Fish is our Swim Club.



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



4 SIMPLE WAYS TO SUPPORT YOUR CHILD'S SWIMMING JOURNEY AT HOME

Learning to swim doesn't stop when the lesson ends! Small moments at home can make a big difference to your child's confidence and progress.

1. Practise One Skill at

Home - Just 5 minutes during bath time is enough to reinforce a skill they've learnt in their lesson.



2. Ask About Their Favourite Part of the

Lesson - Instead of asking, *"What did you learn?"*, try asking, *"What was your favourite part today?"* It helps your child relive positive moments and builds excitement for their next lesson.



3. Celebrate the Effort, Not Just the Outcome - Every attempt counts! Praise your child's willingness to try, their persistence, and the progress they're making—not just what they've mastered.



4. Remember: Small Moments Create Big Progress

- Regular practice and positive conversations help children remember new skills, build confidence, and look forward to every swim lesson. Every splash, every smile, and every little win brings them one step closer to becoming a confident swimmer!





PRICE UPDATE – JLF SWIM SCHOOL

We wanted to let you know that from **11th September 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 **11th September 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.



TAKE YOUR CHILD'S SWIMMING TO THE NEXT LEVEL AT JLF!



★ Join our swim club - Hunter Valley All Stars

Looking for a fun way for your child to build confidence, improve their swimming and experience the excitement of racing?

At Just Like Fish Swim School, we're proud to be home to **Hunter Valley All Stars Swim Club** — giving our swimmers the opportunity to take the next step in their swimming journey in a fun, friendly and supportive environment.

★★ Hunter Valley All Stars Swim Club

We're excited to announce that **Swim Club is starting back on Friday 16th October 2026** and will run through **April 2027**.

Swim Club will run **every Friday night during school terms and will not operate during school holidays**.

💰 **\$90 per season per child**

Swim Club gives swimmers the opportunity to:

- 🏊 Build confidence in a fun and supportive environment
- 🏊 Experience swim races and friendly competition
- 🏊 Receive coaching and immediate feedback
- 🏊 Improve swimming skills and technique
- 🏊 Track their progress and celebrate their achievements
- 🏊 Prepare for future swimming carnivals
- 🏊 Make new friends and enjoy being part of a team

🎉 Swim Race Nights

Swim Race Nights cater for swimmers **3 years and above**, with races suitable for a range of swimming abilities.

There's **no need to be a competitive swimmer** — our goal is to make racing fun, positive and enjoyable while helping children develop confidence and a love of swimming.

Please note: Hunter Valley All Stars Swim Club is available exclusively to children who are currently attending swimming lessons at **Just Like Fish Swim School**.

🏆 Ready to Give It a Go?

Membership is limited, so don't miss out!

If you think Swim Club could be a great fit for your child, please speak with **Damon, Mack, Anita or Sarah** or email huntervalleyallstars@outlook.com for more information or to secure your child's membership.

Hunter Valley All Stars Swim Club

- 📍 Run from Just Like Fish Swim School
- 📅 Every Friday night during school terms from 6.45pm
- 📅 **October 2026 - April 2027**
- 🚫 **No Swim Club during school holidays**
- 🎉 Starting Friday 16th October 2026
- 💰 \$90 per season per child
- 🏊 Available exclusively to JLF Swim School swimmers only
- Limited memberships available**

Please contact by email huntervalleyallstars@outlook.com.

SAFETY SWIM WEEK IS COMING UP FOR ALL JLF SWIMMERS! 🚨

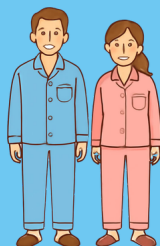
📅 Mon 21st – Sat 26th September 2026

During this week, swimmers will practice important water safety skills while wearing clothing over their swimmers to lessons. 🧺

Children should wear long pyjamas an old tracksuit or similar clothing over their swimmers.



Parents attending infant classes (Waterbabies to Waterkids) are also asked to wear long pyjamas with their children.



PLEASE ASK THE JLF TEAM ON RECEPTION FOR FURTHER DETAILS.



SWIM SCHOOL TIP OF THE MONTH: EATING BEFORE SWIMMING

What your child eats before their swimming lesson can make a big difference to their comfort in the pool.

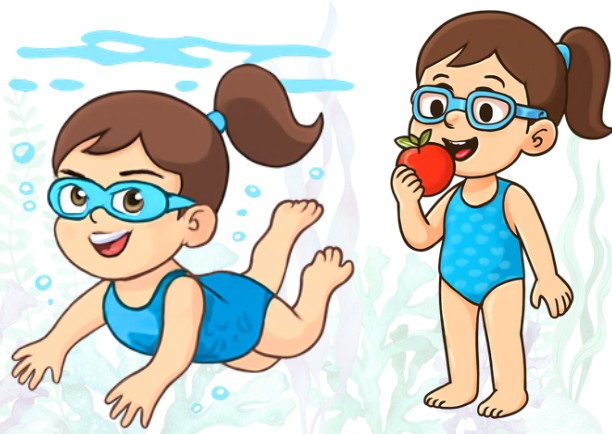
For the best experience, we recommend avoiding large meals just before lessons, as a full tummy can leave some children feeling uncomfortable or nauseous during swimming.

If your child is hungry, a light snack such as fruit, yoghurt, or crackers 30-60 minutes before their lesson is a great option. After swimming, they'll be ready for a healthy meal to refuel.

A few simple tips:

- 🥖 Avoid large or heavy meals immediately before swimming.
- 🍏 Choose a light, easy-to-digest snack if needed.
- 💧 Encourage your child to stay hydrated before and after lessons.

A happy tummy helps make for a happy swimmer and keeps our pool clean!



HUNTER VALLEY ALL STARS — RESULTS WRAP

Charlotte Kelly shined at NSW Championships. Huge congratulations to Charlotte Kelly, who competed at the recent New South Wales Championships and finished in the top twenty in both the 100m and 200m Breaststroke, along with a fantastic 22nd place finish in the 100m Backstroke. What an effort swimming at that level! Charlotte swam extremely well, picking up personal bests in two of her three events, with the third missing out by just one-tenth of a second. Amazing to see her continuing to improve at every meet she attends.

Big weekend at the Valley meet. A huge congratulations also goes to all our swimmers who competed last weekend at Maitland Pool. The results were outstanding, and it's clear all the hard work put in over winter is really paying off.

The introduction of our new Junior Squad levels and State squad segmentation is already paying huge dividends, with fantastic improvements seen in both technique and times across the board. Our swimmers achieved a personal best rate of over 85%, and brought home nearly 20 medals between them — an incredible weekend for the whole squad.

A special mention to Olly Lockwood, who took out the biggest PB of the meet, improving his medley time by an incredible 28 seconds! Well done, Olly — outstanding swimming. It's fantastic to see our club and our results continuing to grow. If you're interested in getting involved with Swim Club, check out the article in this newsletter — we'd love to have more kids join us in this amazing sport!



DAMON RODD

MANAGING DIRECTOR
JUST LIKE FISH

Hi there JLF family!

As we finish August and say goodbye to winter, I just wanted to take a moment to say a huge thank you — to our incredible team, and to all our clients and swimmers, for your constant support throughout what's been a fantastic winter. I also want to give a special thank you for your patience over the past week or so, as we worked through some mechanical issues at the pool. Everything is now sorted, and I'm very happy to be back on deck with all of you!

We're also excited to share that Swim Club is restarting! Off the back of the amazing results we've seen over the last twelve months — from kids smashing it at school swimming carnivals to more of our swimmers making their way to competitive meets — we've made the decision to really push this program harder. If your child has been swimming with us, we'd love for you to get on board and be part of it.

On the team front, a big welcome to our new teachers, Michelle and Jess — we're so glad to have you both on board! It's also awesome to have Piper back with us after her trip to America, where she spent time helping run summer swim camps over there — what an incredible experience to bring back to our team! And we're looking forward to welcoming Sarah back next month too.

Well done also to our swimmers of the month — congratulations on your fantastic effort! We hope everyone got the most out of their winter swimming, and we're now looking ahead with excitement to summer!

Thank you all again for being part of the JLF community.

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