



SEPTEMBER NEWSLETTER

JUST LIKE FISH SWIM SCHOOL

September 2026
Issue #37



OCTOBER LONG WEEKEND CLOSURE NOTICE

Please note that Just Like Fish
Swim School will be closed on
Monday, 5th October 2026
for the October Long Weekend.



There will be no lessons held on this day, and families
will not be charged for lessons scheduled during the
closure.

Lessons will resume as
normal on **Tuesday, 6th**
October 2026. 



We hope all of our families
enjoy a safe and relaxing long weekend! 

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>

SEPTEMBER SWIMMERS OF THE MONTH

INFANTS SUPER SWIMMER



Hudson Galbraith

Hudson is starting to get his splashing toes on top, always turns up and is enthusiastic for the lesson. His favourite thing about swimming lessons is jumping in and favourite thing about the water is splashing his toes.

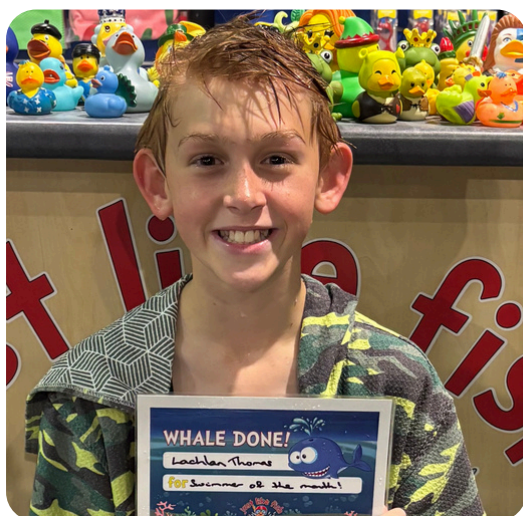
SURVIVAL SWIMMER



Sienna Bridges

Sienna loves swimming because she is learning new skills while having fun! She loves JLF and especially enjoys learning with her teacher, Liam. Her favourite thing is jumping off the wall!

STROKE SUPER SWIMMER



Lachlan Thomas

Lachlan loves swimming because he likes aquatic animals and enjoy being in the water. He loves JLF because he likes the teachers and they are always so nice and helpful and gives great feedback.

SQUAD SWIMMER



Oliver Glover

Oliver has been part of the JLF family since he was just 1 year old and is now proudly swimming in our State Squad! He loves swimming for fitness and enjoys the challenge of training, with butterfly being his favourite stroke.



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



DO YOU KNOW OUR MAKEUP LESSON POLICY? HERE IT'S EXPLAINED

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.



NEW AT JLF – PERFECT FOR LITTLE SWIMMERS!



Looking for a practical and fun gift for your little swimmer? 📺

Our gorgeous Hooded Poncho Towels and Wet Bags have arrived at Just Like Fish Swim School!

Hooded Poncho Towels – \$29.95 ★

Keep little ones warm, dry and cosy after swimming, whether they're at the pool or beach.

- ✓ Soft and absorbent
- ✓ Handy hood to keep little heads warm
- ✓ Side poppers to keep the poncho securely in place
- ✓ Oversized, comfy fit – perfect for snuggling into
- ✓ Available in 3 sizes – suitable for ages 2-8 years



Choose from four fun designs:

- 🍓 Strawberry Field
- 🐊 Crocodile Swamp
- 🐢 Turtle Tide
- 🌸 Lilac Spring

Wet Bags – \$8.95 📺

The perfect way to keep wet swimwear, towels and happy nappies separate from dry belongings.

- ✓ Water-resistant
- ✓ Reusable and lightweight
- ✓ Secure zip closure
- ✓ Handy hanging loop
- ✓ Perfect for swim lessons, pool days and holidays!



Available in matching Strawberry Field, Lilac Spring, Turtle Tide and Crocodile Swamp designs. 🍓 🐊 🐢 🌸

🎄 And with Christmas just around the corner, these make a fantastic gift for little swimmers — or a great little present from Santa! 🎅 📺

Pop into Just Like Fish Swim School and check them out! 🐟 💧



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.

MEDICAL SUSPENSION

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.



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.



HUNTER VALLEY ALL STARS: WINTER WRAP

We've wrapped up the winter season with a bang!

There have been great results from our more seasoned swimmers, and our up-and-coming swimmers have set themselves up for the next six months at a minimum, including school carnivals, and then a full 12 months as they move through the competitive grades.

An amazing winter at representative level Our representative season centred around three swimmers: Evie Grainger, Charlotte Kelly and Savi McPherson. These girls won the small clubs point score at the Coast and Valley Championships with just three swimmers. Charlotte and Evie then finished the top 30 in the female point score at the Country Championships as a two-swimmer team, along with plenty of medals and PBs. The State Championships weren't as strong for us, but the girls still finished in the top 20 in three events each, which is a great effort at that level.



Our up-and-coming swimmers It's been a fantastic month for our developing swimmers as they've got back into competition and started building times ahead of the Coast and Valley Championships. improvements, which is great to see and a real reflection of the program we've put in place. I won't name swimmers because I'd undoubtedly miss someone, but you know who you are, and some of the results have been nothing short of sensational.

Looking ahead to summer We now turn our attention to the summer season, which is shaping up to be bigger and better than we've had for a long, long time. Some of our swimmers will take a short break over the holidays before we get ready for it. Swim Club kicks off Friday 16 October! We strongly recommend Swim Club for swimmers at Octopus level and above. We'd love to see more kids competing at their school carnivals, and if they decide it's the sport for them, it's a great place to give it a go.

Season: runs from October 16 through to around the end of March School holidays: we take these off, so there's nothing to worry about there Finale: the season concludes with club championships Cost: relatively inexpensive for what you get It's a fun, healthy, no-contact sport where results are easy to find, and so is the improvement. It's also a great way to get ready for school carnivals and the summer season.

Please see reception for more information and who to contact.



REMINDER: PARENTS MUST REMAIN ON-SITE DURING SWIMMING LESSONS

We would like to remind all families that parents or guardians are required to stay on-site during their child's swimming lessons.

This policy is in place to ensure the safety and well-being of all participants.

While our instructors are trained professionals who focus on teaching and supervising children in the water, parental presence is essential in case of emergencies or unexpected situations that may arise outside the pool area. Your presence also helps younger swimmers feel more secure and supported.

Please plan accordingly and remain in the facility for the duration of your child's lesson. Thank you for your understanding and cooperation in helping us maintain a safe and supportive environment for everyone.

If you have any questions, feel free to contact our JLF team on the front desk.



DAMON RODD

MANAGING DIRECTOR
JUST LIKE FISH

September has been a huge month for our program! We've welcomed so many new families to Just Like Fish, and we hope you're all enjoying your experience with us so far. It's also been a massive month for certificates, with a huge number handed out. It's fantastic to see that progress continuing across the pool. Our swimmers have been competing around the region and at state level, with some fantastic results.

Evie Grainger finished in the top 20 in three events at the state championships, and given she was unwell at the time, that's a remarkable effort. We can't wait to build on it with her over the summer carnivals. It was a big month for our up-and-coming swimmers too. They headed to local development meets and brought home a swag of medals at the recent Valley Meet, along with some amazing PBs. At the district development meet, the team won over 20 medals and clocked huge numbers of PBs, setting themselves up for a great summer ahead. Swim Club, our Hunter Valley All Stars race night, kicks off in the third week of October, on Friday 16 October! It's a fun way to enjoy an individual sport while getting ready for school swimming carnivals and more. We encourage our swimmers from Octopus and above to start thinking about it, and if your child thinks this might be the sport for them, it's a great way to give it a go for a fairly inexpensive fee. Please see reception for more information and who to contact.

With the weather starting to warm up, many of us will be heading to the beach. Please make sure you always swim between the flags, and take care around the water. The skills your kids are learning in our lessons are a great foundation, but the flags are there to keep everyone safe.

Lastly, a bit of news from me. I recently took part in a charity bike ride through Thailand with a group that raised over \$200,000 for Hands Across the Water. This year the money will go towards helping the shelters grow their own vanilla beans to sell, creating a sustainable income for them. The ride was meant to be 500 kilometres in five days, but a miscalculation meant we ended up doing 540! It was another tough one, but we got through it, and I'm happy to have made such a great contribution to a fantastic charity. Each rider had to raise \$5,000 to take part, so thank you to everyone who supported me along the way.

Thank you also to our team, who kept things running and delivered high quality lessons while I was away. I couldn't do it without you. Thank you all 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