OCTOBER NEWSLETTER

JUST LIKE FISH SWIM SCHOOL

October 2026
Issue #38



GIFT VOUCHERS *AVAILABLE*



THE GIFT THAT KEEPS ON GIVING

Looking for a meaningful present this Christmas? Our Swimming Lesson Gift Vouchers are a thoughtful and practical way to inspire confidence and fun in the water.

- Available for all lesson levels
- A great present for birthdays and Christmas
- Help your loved ones learn a life-saving skill

Visit JLF reception or contact us today to purchase a gift voucher!

MORE INFORMATION
4915 7100

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

OCTOBER SWIMMERS OF THE MONTH

INFANTS SUPER SWIMMER



Samuel Digby

Samuel loves his teacher and the activities he does because Allison is a fun and friendly teacher. He likes doing Humpty Dumpty during lessons.

SURVIVAL SWIMMER



Banksi Lamb

Banksi absolutely loves her teacher Kate, who has seen incredible improvement in her confidence! She always tries her hardest and brings a big smile and bright personality to every lesson. Her favourite skill is her back float, and she is super excited to move up to her new level!

STROKE SUPER SWIMMER



Addison Mcgrath

Addison loves coming to swimming and seeing her teacher Sarah. Her favourite stoke is freestyle and she loves to learn new things during her lessons.

SQUAD SWIMMER



Aliyah Gafa

Aliyah likes swimming because of all the different strokes she gets to do. She likes it here at JLF because it is fun and we have good teachers. Her favorite stroke is Butterfly.



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



GETTING READY FOR POOL SEASON: A WATER-SAFETY CHECKLIST

Summer brings plenty of opportunities for fun in the water, but safety should always come first. Before your family dives into the warmer months, take a moment to review these important reminders

Here's your pool-safety checklist:

✓ 👀 **Keep watch:** Always actively supervise children around water. Stay close and avoid distractions, even when children can swim.

✓ 🚧 **Secure the pool area:** Check that pool fencing and gates are secure, self-closing, and working properly.

✓ 🏊 **Keep swimming lessons going:** Regular lessons help children develop and maintain their swimming and water-safety skills.

✓ ⚠️ **Know the risks:** Remember that pools aren't the only hazards. Baths, buckets, ponds, and other bodies of water can also pose a risk to young children.

✓ 🧰 **Be prepared:** Learn CPR and know what to do in a water-related emergency.

Water safety is a shared responsibility, and small precautions can make a big difference. Let's work together to help keep our little swimmers safe this summer!

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!

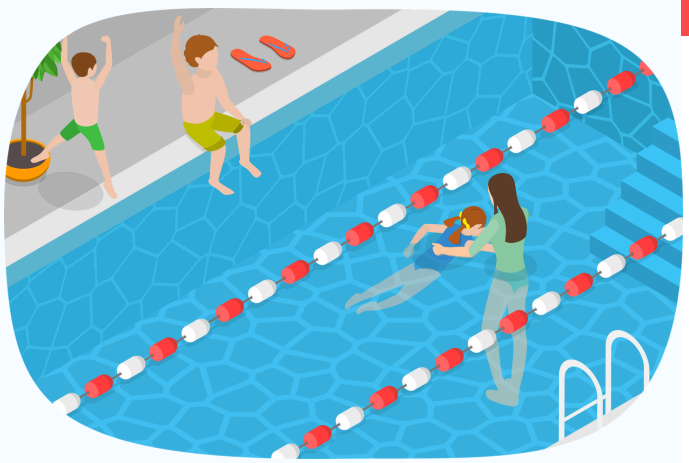
DID YOU KNOW WE HAVE A SWIM CLUB?

Looking for the next step in your child's swimming journey?

Hunter Valley All Stars Swim Club gives Just Like Fish swimmers the opportunity to build confidence, improve their technique, experience friendly competition, and make new friends!

- Starting Friday, 16 October 2026
- Every Friday during school terms, from 6:45 pm
- $90 per child per season
- Open to JLF swimmers aged 3 years and above, with races suited to a range of abilities.

There's no need to be a competitive swimmer! Our goal is to make racing fun while helping children develop their skills and love of swimming.



Memberships are limited!

For more information or to secure your child's place, contact Damon, Mack, Anita or Sarah, or email **huntervalleyallstars@outlook.com**.

Please note: *Swim Club does not operate during school holidays and is available exclusively to current Just Like Fish Swim School students.*

A FRIENDLY REMINDER: NO PHOTOS OR VIDEOS



We know how exciting it is to watch your little swimmer grow in confidence and achieve new skills, and we understand wanting to capture those special moments.



To protect the privacy and safety of all children and families, parents and spectators must not take photos or videos at swimming, including of their own child. This also applies to video calls, which may capture other swimmers in the background.

Please share this reminder with any family members or friends who come along to watch.

Thank you for helping us keep Just Like Fish a safe and welcoming place for every swimmer. Your support means so much to our swim school community!

HUNTER VALLEY ALL STARS UPDATE

It's fantastic to have Hunter Valley All Stars back at Swim Club on Friday nights (see the full article elsewhere in this newsletter for details). It's also been amazing to see how far our swimmers have come from last season to this one. They're enjoying each other's company and, most importantly, swimming fast and with great technique.



School Swimming Carnivals

Swim Club is recommended for swimmers in Eels level and above who are keen to compete at their school swimming carnival, as these are the levels well placed to take part. If you're unsure whether your child is ready, please have a chat with their instructor. Some school carnivals have moved to December this year rather than January, so they're coming up quickly.

We'd also love you to let us know when your child's carnival is on so we can keep an eye out for their results. Our coaches will be attending the zone meets to support our swimmers from there. It's been especially rewarding to watch our new State Squad swimmers, our competitive junior group, start learning what it takes to become stronger, more competitive athletes. The results they're beginning to achieve are a credit to their hard work.



The competitive calendar has been a little quieter as we transition from long course (50m) to short course (25m) meets. We're using this period to get our swimmers ready for the bigger meets ahead, and we can't wait to see what they achieve.



A FRIENDLY REMINDER – LET'S KEEP OUR SEATING AREAS CLEAR



To help keep our swim school **safe, tidy and comfortable for everyone, especially during our busy periods**, we kindly ask all families to **please avoid placing or leaving bags and personal belongings on benches or baby change tables.**

Where should your bags go?



- **Under the benches** – to keep seating available for families.
- **Under the stairs** – a great spot to keep bags out of the way.

Our benches are for bottoms, not bags!

During our busier times, seating can be limited, so keeping these areas clear makes a big difference to everyone's comfort and convenience.

Thank you for your understanding and for helping us keep Just Like Fish safe, organised and welcoming for all our swim families!



DAMON RODD

MANAGING DIRECTOR
JUST LIKE FISH

It's been wonderful to welcome everyone back after the school holidays, and lovely to see some familiar faces returning to the pool after a winter of other sports.

A big welcome also to all the new families joining us across our programs, and especially to our newest baby swimmers. It's fantastic to see them getting in the water, and we hope they love their introduction to swimming.

This month the Hunter Valley All Stars swim club started back with a bang at our Friday race night. Swim club runs every Friday night from 7pm and is usually done within the hour. It's a fantastic chance for kids to race, put their strokes into practice, and show off all the hard work they've been doing in lessons. It's also a great way to get ready for school carnivals, and for anyone in Eels and above, we'd say it's almost a must. Check out the article later in this newsletter for all the details.

It's been another good month for our competitive swimmers too, as they make the switch from the winter to the summer season. That means a lot more racing in 50 metre pools rather than 25, and most have handled the challenge really well, which has been great to see.

A huge thank you to our teaching team for the care and effort they bring to every lesson. The high quality and high standards they maintain each week are the reason we are where we are, and we certainly couldn't do it without them.

Thanks also to Anita and the reception team, who are kicking some massive goals behind the scenes and keeping everything running smoothly. Fingers crossed for some consistent sunshine so everyone can put their swimming skills to good use over summer.

Enjoy the month, and we'll talk soon!

Just Like Fish Swim School

is committed to implementing the Child Safe Standards.

STANDARD 1
Childsafety isembedded in organisational leadership, governance and culture

STANDARD 2
Children participate in decisions afecting them and are taken seriously

STANDARD 3
Familiesand communities are informed and involved

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
Staf areequipped with the knowledge, skills and awareness to keep children safe through continual education and training

STANDARD 8
Physicalandonline environments minimise the opportunity for abuse to occur

STANDARD 9
Implementationof the Child Safe Standards is continuously reviewed and improved

STANDARD 10
Policiesand procedures document how the organisation is child safe

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

NSW GOVERNMENT | Office of the Children's Guardian