

— March 2026 Newsletter —

Aquatic Academy

For all of your swimming updates and information!

It's been a busy, productive and exciting month in our program with Term 1 now in full swing! Behind the scenes, our team has also been working hard on something special for our community.

There's plenty to look forward to, so keep reading to find out what's coming next!

We have also opened up more morning preschool shifts during the week and are hoping to increase the available classes each day. In addition, we have added new school age classes. If you're also currently on a waitlist for another day, these new classes might be the perfect fit! Please speak to reception today to find out more.

INSIDE, WE ALSO TALK ABOUT:

Infant Swimming

Photography Reminder

Join our Team

Vital life saving skills

Students & Teachers



Infant Swimming Program



Fun Fact:

Did you know that babies are born with a reflex that stops them from ingesting water when swimming?

Commonly known as the diving reflex or the bradycardic reflex, it is an involuntary response of newborns when their face comes into contact with the water. It is a reflex that helps them hold their breath and protects your baby!

Babies really are built for the water!



Infant Swimming at the Academy:

We are excited to introduce our new and improved Infant Program, thoughtfully tailored to suit each individual developmental stage of your baby.

The program is broken into 4 levels, with the first class being FREE! If you have been holding off on enrolling your baby in swimming lessons, there is now a fantastic opportunity to get started sooner than you thought.

Program Levels:

Water Wonders (4 months+) = \$0.00 FREE introductory lesson

Seahorse (6 - 18 months) = \$15.00 per class

Starfish (18 - 36 months) = \$15.00 per class

Tiny Turtles (internal progression only) = \$20.00 per class

See reception today for more information or book into your first swimming lesson today!

Photography Reminder

The Aquatic Academy would like to remind all members and visitors that photography and video recording are strictly prohibited at all times and in all areas of our centre. You will see this sign displayed throughout our centre as a reminder of this policy. The safety and wellbeing of our students is our highest priority, and we sincerely appreciate your understanding and cooperation. For any questions, please speak to your shift supervisor.

Photography & Video Policy



There is to be no photography or videos to be taken without Supervisor approval. Please approach the customer service desk before taking photos in this area.

Changerooms and deck shower areas have a strict no mobile phone policy. Please do not use devices in this area. We reserve the right to ask you to put your device away if they are being used in these areas.

Join our team!

Do you love swimming and enjoy being in and around the water? The Royal Life Saving Aquatic Academy is always looking for friendly, reliable and motivated individuals to join our team.

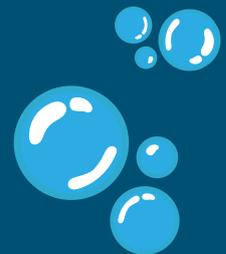
Why Join Us?

- Flexible working hours
 - 8:00am - 12:00pm
 - 9:30am - 2:00pm (perfect for school hours)
 - 3:30pm - 8:00pm
- Above award rates of pay
- A friendly, encouraging and enthusiastic team environment
- Employee rewards and discounts
- Paid training provided for the right candidate



All employees must hold:

- A current Swim Teacher Licence
- A current CPR qualification
- A valid (paid) Working With Children Check



Applicants must be 16 years and over to apply.

If you're ready to inspire the next generation of swimmers we would love to hear from you.

Join the Royal Life Saving Aquatic Academy team today –

click this [link](#) to fill out an Expression of Interest form and email it to bernadetteneal@royalnsr.com.au.

Swimming – a vital life skill for life



Our Lifejacket and Survival Backstroke weeks are designed to equip swimmers with practical safety skills that could one day save a life.

You may recall the recent headline about 13-year-old Austin, who bravely swam 4 km to shore after he and his family drifted out to sea off the coast of Western Australia while kayaking and paddleboarding. The family were wearing lifejackets, a vital layer of protection — but it was Austin’s swimming ability, determination, and knowledge of survival techniques that made the difference and saved all of their lives!

During the long swim, Austin rotated between multiple strokes to conserve energy. When he began to tire, he switched strokes, including survival backstroke, to help him continue safely to shore.

After reaching land, he then ran a further 2 km to find help so his family could be rescued.

Stories like this are a powerful reminder of why learning to swim is so important. Knowing how to float, tread water, change strokes, and conserve energy can make all the difference in an emergency.

By practicing swimming in lifejackets and refining survival backstroke, we are helping to develop confident, capable swimmers who are prepared not only for the pool, but for real-life situations where these skills truly matter.

Western Australia Coast Line





Swimmer Spotlight!

Over the past few months, Bernice, Giselle and Cadence have faced some challenges with their freestyle and backstroke technique, but they never gave up. They listened carefully to feedback, kept practising, and showed great determination each week. We're so pleased to see how much their technique has improved and are very proud that they have now achieved this skill and are moving up to the Swordfish level together.

Teacher Bio



Angela has been teaching Learn to Swim with us for just over a year and a half, and she brings such wonderful energy and positivity to every shift. We're very lucky to have her as part of the Denistone team. Recently, Angela has taken on additional responsibilities and is now training as a Customer Service Officer, as well as completing her training to teach our Stroke Development program. Outside of work, she enjoys listening to music and learning new languages, including Korean and Japanese.