

— March 2026 Newsletter —

# Aquatic Academy

**For all of your swimming updates and information!**

It's been a busy and exciting month in our program! Term 1 is well underway, and our participants have been making fantastic progress in the water.

We've been building confidence and essential safety skills, including practicing with lifejackets and refining our survival backstroke techniques.

We have held a School Carnival Prep class for those that made it into their Zone School Swimming Carnivals and our Squads have competed in the NSW 2026 Metropolitan championships.

Behind the scenes, our team has also been working hard preparing something special. Keep reading to find out more!

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# 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.

# 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**.

Swimming is an essential life skill that builds strength, stamina, awareness, and the ability to stay calm under pressure.

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!

Harshil Bangar is a true swimming superstar. Since starting in June 2025, he has shown consistent dedication and focus in every lesson.

His steady progress and commitment to improving his skills have been fantastic to see, and he has just achieved the skills for Pufferfish. Keep up the great work, Harshil! See you in the Octopus level.

## Teacher Bio

We're excited to shine this week's Staff Spotlight on Zak!

Zak is currently stepping into an exciting new phase of his swim teaching journey as he works towards becoming a Stroke Instructor. This is a fantastic achievement and reflects his dedication to developing his skills and delivering high quality lessons to our swimmers.

You can find Zak teaching on Wednesday afternoons, where he's already making a strong impact in the pool.

Be sure to say hello if you see him on deck and join us in congratulating Zak on this next step in his teaching pathway!

