



ROYAL LIFE SAVING
AUSTRALIA

AQUATIC
ACADEMY

— September 2026 Newsletter —

Aquatic Academy

Stay connected with the latest updates!

Welcome to our latest newsletter! As we race past the midpoint of term 3, we want to say a huge thank you to all our families for your fantastic support, especially as everyone settles into using our new sign-in tablets. If you or someone you know is looking for a rewarding, flexible local role, the Royal Life Saving Aquatic Academy Seven Hills is hiring! Please read on for more details and to get the absolute most out of your swimming lessons this month.



**INSIDE,
WE ALSO
TALK ABOUT:**

- Accessible Parking
- Sign in to lessons
- Hygiene

- Recruitment Corner
- Para Pan Pacs
- Swimmer Spotlight

Accessible Permit Parking

We want to ensure that everyone can enjoy our facilities safely and easily. We have noticed an increase in vehicles parking in our designated accessible parking spaces without displaying a valid permit. These spots are strictly reserved for individuals who hold a valid **mobility parking permit**. Without these designated spaces, some of our members simply cannot access the pool.



To keep traffic moving safely, please follow these car park rules:

- **Arrive Early:** Please leave ample time to get to your lessons so you are not rushed during peak times.
- **Roundabout Entrance Steps:** This area is strictly for quick drop-offs and pick-ups. Please drop your children off at the steps and move your vehicle along immediately. No one should be waiting in their cars for prolonged periods for spots that are not available, as this blocks the car park flow.
- **Utilise Street Parking:** As an alternative, please use the ample street parking available on Best Road, which features convenient pedestrian access gates directly into the centre. Parking on the street and walking in is **often much quicker** than getting stuck waiting in a blocked car park.
- **Accessible spaces:** Please leave accessible parking spots entirely free for individuals displaying a valid mobility parking permit. Even a quick stop blocks access for those who truly need it.

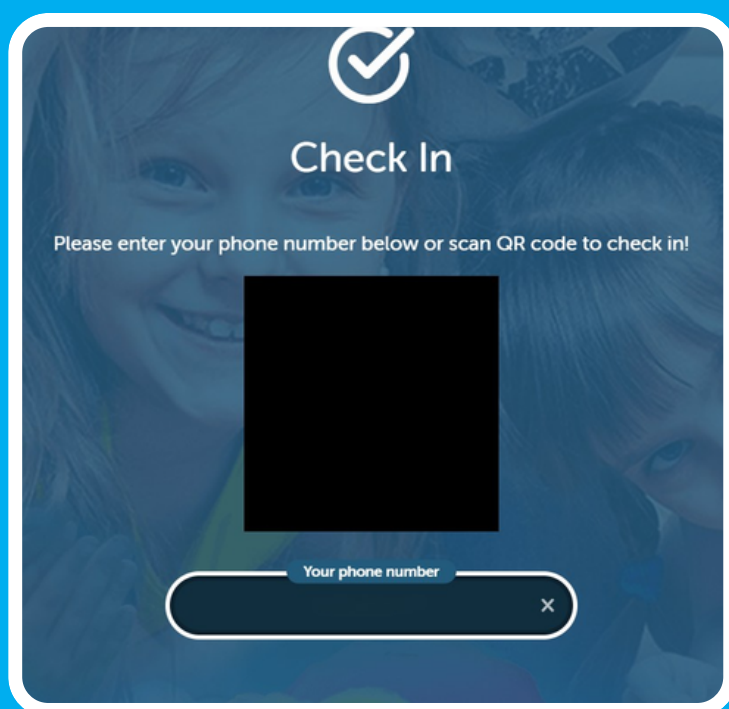
Sign in to lessons

Self-service check in tablets were recently introduced in our reception area following our notification to customers last month.

As a reminder, all parents and athletes **must** check in before entering the pool deck.

You can quickly check in using one of two simple options:

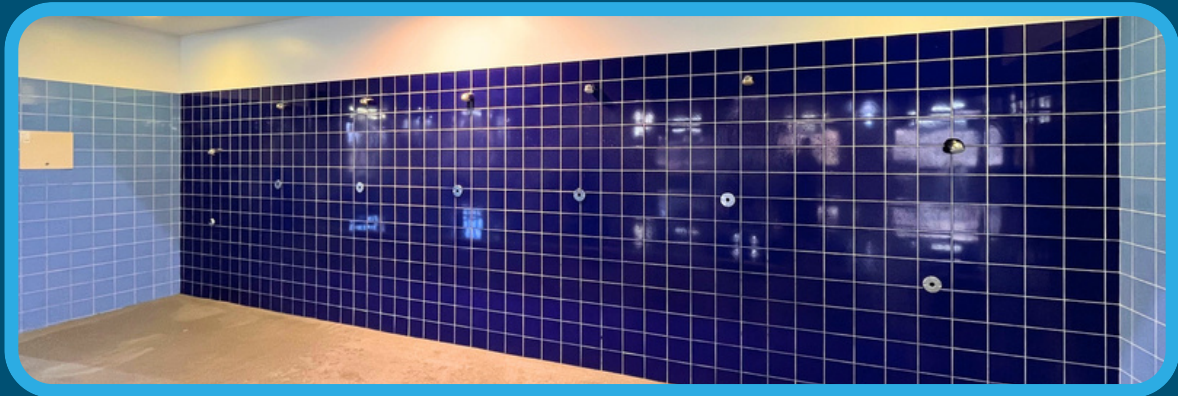
- **iClassPro App:** Scan your student or family QR code at the tablet.
- **Mobile Number:** Enter the 10-digit mobile number linked to your account.



Thank you for your support in adopting this new process to help keep our pool deck safe and streamlined. If you need any help getting set up, our friendly reception staff are always happy to assist you.

Help Us Keep Our Pool Clean, Safe & Open!

Accidents disrupt swimming lessons for everyone
Please follow these essential hygiene rules:



Everyone:

- Go to the bathroom before the start of your lesson
- Ensure you take 10 seconds to rinse off under our deck showers before entering class.

Non-Toilet Trained Infants:

- **Aqua Nappy Required:** Must be tight-fitting and match your baby's weight.
- **Double Up:** Tight swimwear must be worn OVER the aqua nappy for containment.
- **No Normal Nappies:** They absorb water, explode, and destroy our filtration system.

Toilet-Trained Students:

- **Approved Fabrics:** Lycra, Nylon, or chlorine-resistant material only.
- **The Right Fit:** Swimwear should fit well and not hang loosely.
- **Easy Toileting:** Two-piece swimmers or swimwear with zippers are best.
- **No Underwear:** Do not wear underwear underneath swimwear.

Are You Our Next Swim Teacher?

Are you searching for a fulfilling local role that brings joy, purpose, and flexibility to your day?

We are looking for responsible, enthusiastic individuals to join our supportive community!

If you love working with children and want to teach a truly life-saving skill, contact us today!



We offer fantastic, lifestyle friendly hours, including school shifts (9:30 am to 2:00 pm) and flexible rosters that easily fit around university timetables.

Whether you are a local mum looking for rewarding work while the kids are at school, a uni student needing a job that respects your class schedule, or a mature-aged worker wanting to give back to the community, we have shifts to suit you.

To Apply:

Simply download and complete the [expression of interest form](#) and email it to bernadetteneal@royalnsw.com.au

Success at the 2026 Para Pan Pacs!

We are bursting with pride following the outstanding performance of our Academy squad swimmers at the 2026 Para Pan Pacific Swimming Championships in Walnut, California!

Our mini squad coach Alex Tuckfield delivered an outstanding performance, securing a magnificent bronze medal.

Dolphins rookie Amelie Springett-Kelly made an unforgettable international debut, swimming a sensational race to help bring home a silver medal in the 34pt Mixed 4x100m Freestyle relay.

Fresh off his recent international success, 17-year-old Beau Matthews continued his rapid rise, putting in powerful, courageous performances to achieve fantastic results across his events to cap off an unbelievable meet.

Australia topped the overall medal tally, and we couldn't be prouder to have our Royal Life Saving Aquatic Academy athletes right at the heart of that global success!

More updates to come for Squad Families via the Squad News section of our website!



Swimmer Spotlight



Since he was 19 months old, Elias has been part of our swimming program.

Starting lessons in our Starfish class with Mum before progressing through the preschool levels.

Recently, Elias joined our Wednesday afternoon School Aged Program as an Octopus.

His consistency and commitment to attending lessons has certainly paid off, and he is now proudly swimming alongside the “big kids”!

School Holiday Reminder

A quick reminder to all our families that the Aquatic Academy will remain open and swimming right through the upcoming school holidays and straight into Term 4!

Consistent swimming over the break is a fantastic way to keep up momentum and lock in vital skills before summer arrives.

Please note that our only upcoming closure will be for the October Long Weekend, from Saturday 3rd October to Monday 5th October 2026, with all regular lessons resuming on Tuesday 6th October.