



KICKING BACK

January 2025



ROYAL LIFE SAVING
NORTHERN TERRITORY

EDITION #138



Welcome to the first edition of Kicking Back for 2025.

January saw Team NT return to the Australian Pool Life Saving Championships, plus RLSSA NT Swim and Survive Swim Teachers gearing up for a big year of delivering fun and safe swimming lessons to Territory students. Keep reading for all the action!



Swim, Survive and Strive at Gunbalanya



Team NT at the Australian Pool Life Saving Championships 2025



Swim and Survive professional development

MISSION, VISION AND STRATEGY

MISSION: To prevent loss of life and injury in the community with an emphasis on the aquatic environment.

VISION: To build a healthy, strong and safe aquatic community through access to water safety education and training.

STRATEGY: Our People, Our Lifestyle, Our Water

Patron: His Honour Professor the Honourable Hugh Heggie PSM, Administrator of the Northern Territory and Ms Ruth Jones.

President: Randall Cook



APLSC 2025



The Northern Territory Pool Lifesaving Team travelled to Sydney Olympic Park Aquatic Centre to compete at the 2025 Australian Pool Lifesaving Championships from 17-19 January.

The team made up of 4 athletes, 1 official, 1 coach, and 1 team manager included 2 athletes competing for the first time.

The elite competition sees lifesavers from across Australia compete in speed events in the pool - swimming races with a lifesaving twist - and events with a humanitarian purpose including CPR and the Simulated Emergency Response Competition (SERC).



This year Western Australia took home the overall title for the second year in a row. Team Manager Laura Withers said Team NT represented the Territory with pride and achieved outstanding results including a 27 second personal best by Peta Knyvett! Congratulations to all the athletes, volunteers, managers, coaches and officials on another successful event celebrating the only sport with a humanitarian purpose.

Keep scrolling for photos.

APLSC 2025



APLSC 2025



[CLICK HERE FOR MORE PHOTOS FROM OFFICIAL PHOTOGRAPHER – DAMIEN HOFMAN](#)

OUR PEOPLE TEAM NT APLSC2025



Name: Asheton Bayard-Hewitt

Q: What song is in your head when practicing CPR?

A: Stayin' Alive



Name: Emily Gillis

Q: What do you love about pool lifesaving?

A: The Team, community and it's fun!



Name: Peta Knyvett

Q: What would you say to someone who wants to try out pool lifesaving?

A: Go for it, it's lots of fun!



Name: Sean Deutsch

Q: What is your favourite pre-race snack?

A: Dried mango



Name: Laura Withers
Team Manager

Q: What do you wish people knew about pool lifesaving?

A: The fun factor!



Name: Carly McLuckie
Coach

Q: What do you love about pool lifesaving?

A: It provides young people with the opportunity to build confidence while learning skills that could save a life.



Name: Floss Roberts
Official

Q: What would you say to someone who wants to try out pool lifesaving?

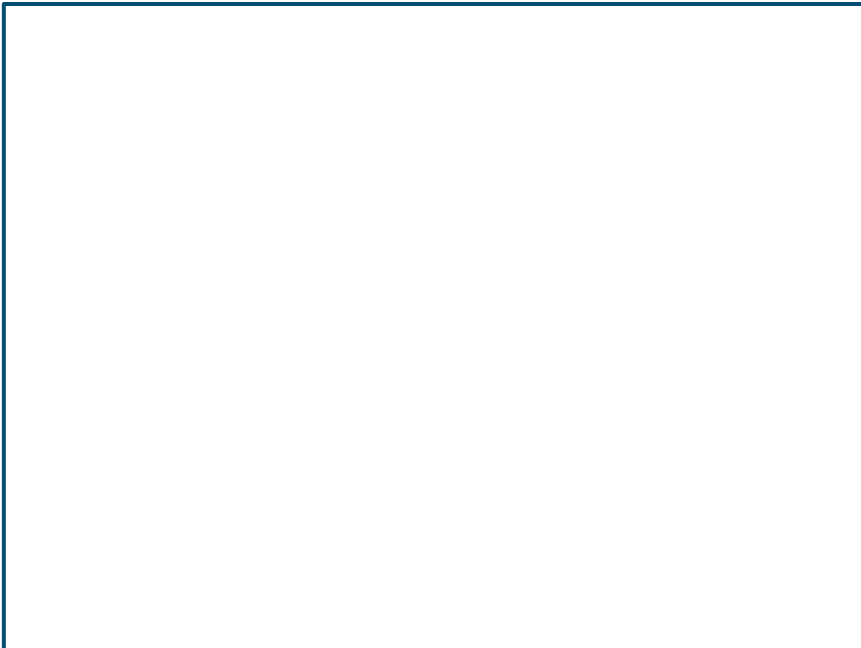
A: Come along and try the only sport with a humanitarian purpose.

POOL LIFESAVING



Pool lifesaving training returns to Darwin from 12 February at Parap Pool.

With a range of squads and levels available, come along to increase fitness and learn technical skills in swimming and competition lifesaving under the guidance of our qualified coaches.



Junior Pool Lifesaving Squad

Recommended for ages 8+ with the ability to swim 50m without stopping

Pool Lifesaving Competition Squad

Recommended for ages 13+ following a swimming ability assessment

Adult Fitness & Fun

Adults of all ages and swimming abilities welcome

For further information please contact Laura at
Royal Life Saving Society NT

P: 8981 5036

E: sportnt@rlssa.org.au

FEES

24/25 Pool Lifesaving Membership: \$10.00

+

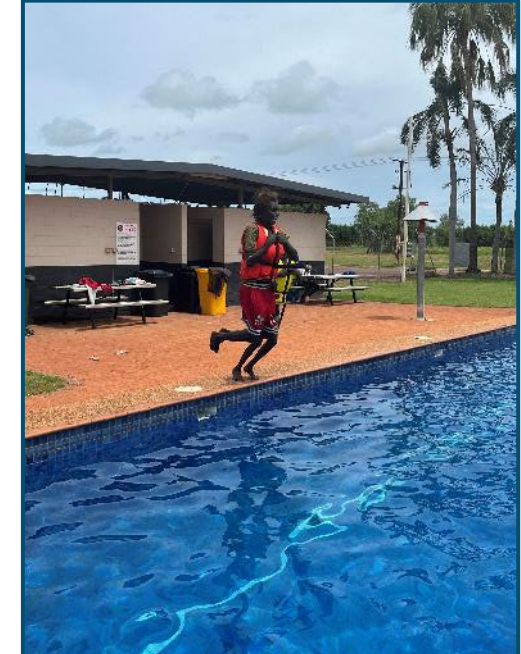
New members: \$100 (10 sessions and club shirt)

Returning members: \$50 (10 session pass)

OUR PLACES



Royal Life Saving Northern Territory travelled to picturesque Gunbalanya from 12-17 January to deliver the Swim, Survive and Strive project to Gunbalanya School students and CPR, Bronze Medallion and First Aid training to community members.



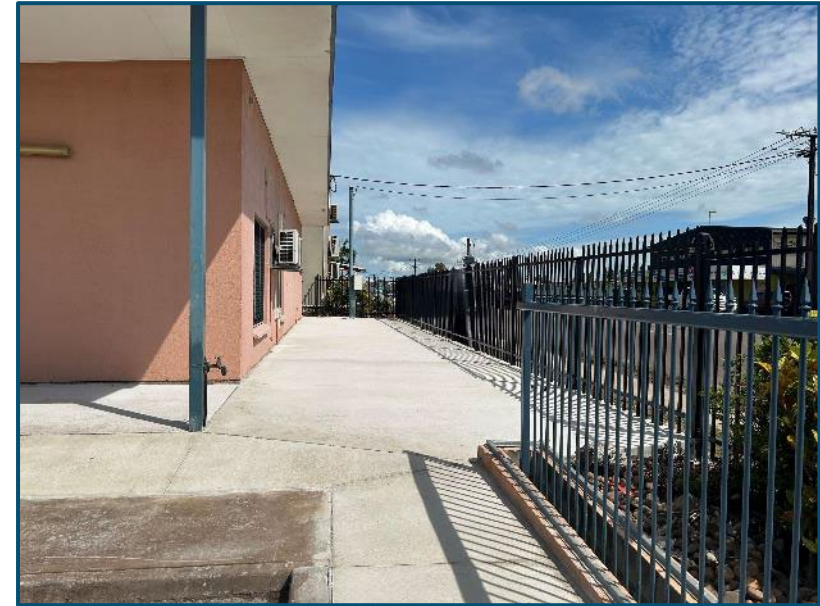
On 22 January, RLSSA NT Swim and Survive teachers completed a professional development workshop. It was an amazing day of learning, collaboration and updating qualifications in preparation for upcoming Northern Territory school swimming programs.

Thank you to the Programs Team staff members and our phenomenal swim teachers who are ready to contribute to drowning prevention and water safety in the NT. Everyone is excited to deliver fun and safe swimming lessons to NT students in 2025!





Goldfishbowl Swim School



Fencing and concreting works were completed at the Goldfishbowl Swim School during the school holiday break.

Fencing: Bulmeka Contracting

Concreting: Tyson's Kerb & Concrete Work

Thank you to these contractors who were able to complete the works in a timely manner.
Thanks to the Northern Territory Government Community Benefit Fund for enabling these much-needed works to take place.

Royal Life Saving NT are looking for dedicated individuals to help deliver Swim and Survive learn to swim programs. We offer:

- 🔗 Competitive salary and benefits
- 🔗 On-the-job training to support your growth
- 🔗 Access to training packages (conditions apply)
- 🔗 Flexibility to suit your lifestyle

Interested in exploring the amazing opportunities we have?

Contact us today!

✉️ finacent@rlssa.org.au

☎️ Jill on 0418 875 076



JOIN OUR TEAM!





EMERGENCY CARE SESSIONS

Bookings are essential

WATER SAFETY AWARENESS PROGRAM



PARAP

Royal Life Saving NT
77 Ross Smith Ave, Parap

Monday 3rd March – 5-6pm
Saturday 8th March – 9-10am

PALMERSTON

Palmerston Child & Family Centre
2 Brennan Court, Farrar

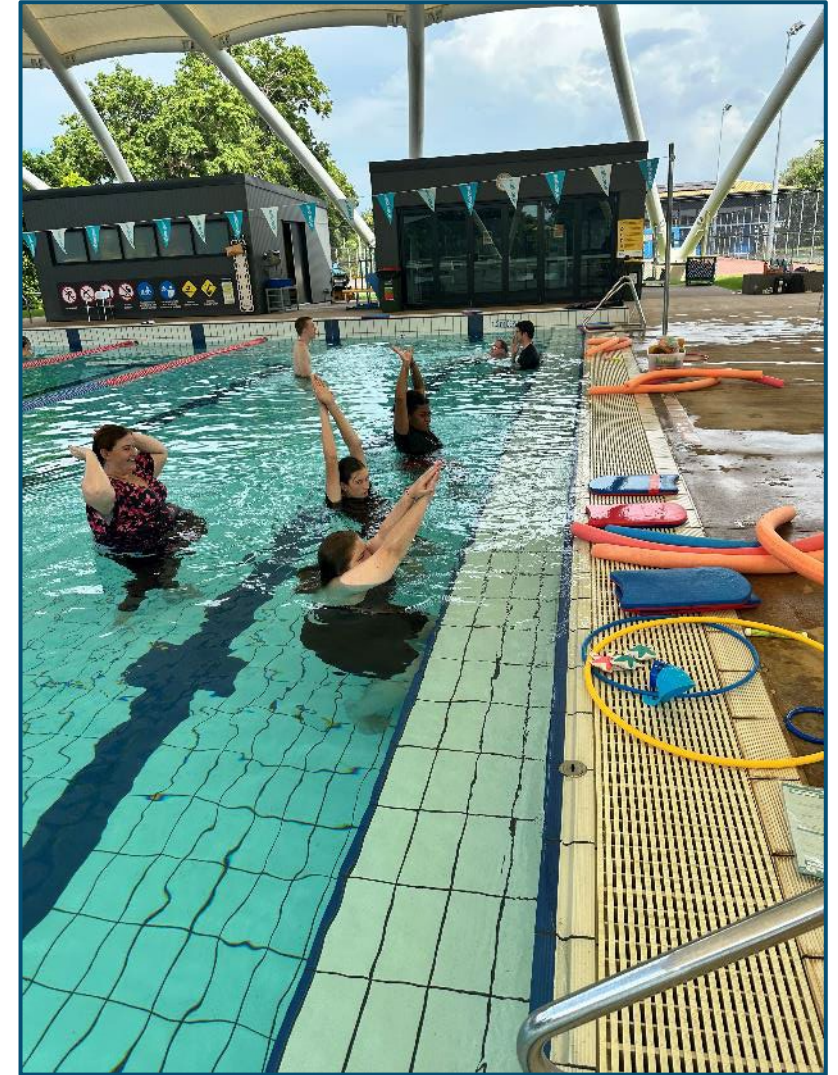
Wednesday 12th March - 4:30-5:30pm
Thursday 13th March – 9-10am

Are you in another location? Email us at wsap@rlssa.org.au and we can assist with your enquiry.



On 11 and 12 January Royal Life Saving NT held an AUSTSWIM Teacher of Swimming and Water Safety course at Parap Pool.

Congratulations to the newest batch of swim teachers taking the plunge to teach a skill for life!



UPCOMING COURSES



Resuscitation

Jabiru | 17 Feb 12.30-2.30pm
Darwin | 25 Feb, 2-4pm

Bronze Medallion

Darwin | 15 Feb, 8.30am-4.30pm
Jabiru | 18 Feb, 8.30am-4.30pm

Bronze Medallion Update

Darwin | 15 Feb, 8.30am-12.30pm
Jabiru | 18 Feb, 3-6pm

Pool Lifeguard

Alice Springs | 7-9 Feb, 8.30am-4.30pm
Jabiru | 19-21 Feb, 8.30am-4.30pm
Darwin | 28 Feb-2 Mar, 8.30am-4.30pm

Pool Lifeguard Update

Jabiru | 21 Feb, 8.30am-4.30pm
Darwin | 2 Mar, 8.30am-4.30pm

First Aid (online learning + practical assessment)

Alice Springs | 7 Feb, 12-5pm
Jabiru | 17 Feb 12.30-4.30pm
Darwin | 25 Feb, 2-6pm

First Aid Childcare (online learning + practical assessment)

Darwin | 25 Feb, 2-7pm

AUSTSWIM Teacher of Swimming and Water Safety

Alice Springs | 15 & 16 Feb, 8.30am-4.30pm
Darwin | 15 & 16 Mar, 8.30am-4.30pm

Book Now



trainingmanagernt@rlssa.org.au



<https://nt.training.royallifesaving.com.au>



Royal Life Saving Northern Territory



8981 5036



Royal Life Saving NT

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RTO Provider #0859



The Wet Season is here and with it the return of Royal Life Saving Northern Territory's important **Stay Out of Pipes and Drains** safety campaign.

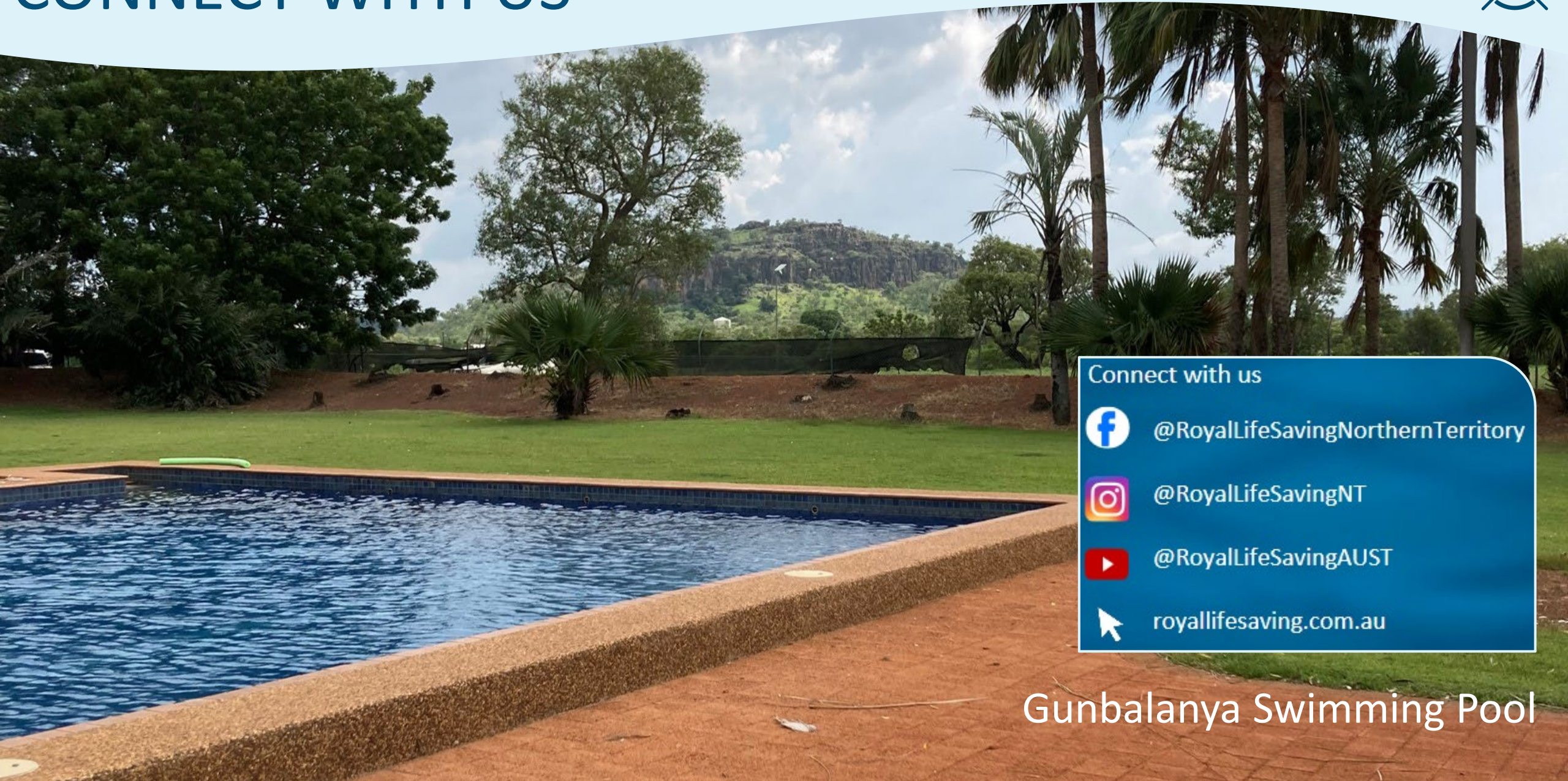
We're calling on all Territorians to #staysafethiswet and encourage children to use safe swimming locations.

For helping us spread this important message there's three family prize packs to be won.

Head to our Facebook for more information and to go into the draw.

#stayoutofpipesanddrains

CONNECT WITH US



Connect with us



@RoyalLifeSavingNorthernTerritory



@RoyalLifeSavingNT



@RoyalLifeSavingAUST



royallifesaving.com.au

Gunbalanya Swimming Pool