



# KICKING BACK

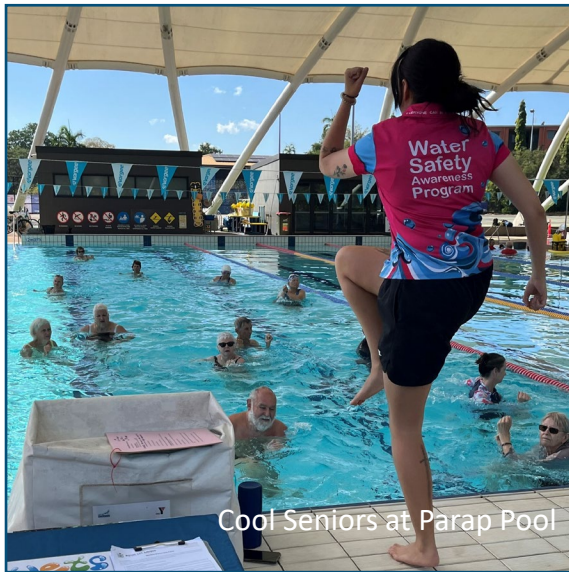
*August 2024*

# EDITION #135



Welcome to the August edition of Kicking Back.

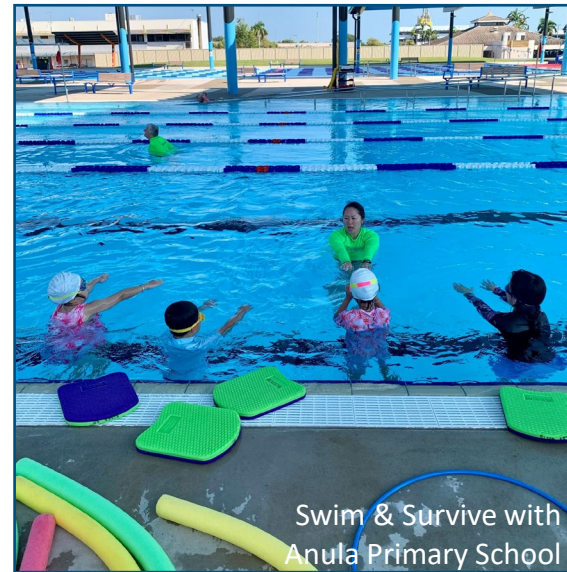
This month saw the return of Cool Seniors, and the Goldfishbowl Swim School was a finalist in the Australian Swim School Association awards. Read on for all the details!



Cool Seniors at Parap Pool



Boof visit to  
Nathalie Gorey Preschool



Swim & Survive with  
Anula Primary School

## 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

Proudly sponsored by  
 Northern Territory  
Government



# COOL SENIORS

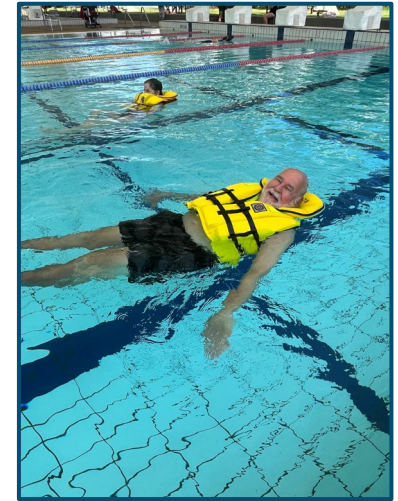
Held every Thursday in August, Cool Seniors is Royal Life Saving NT's popular water exercise and Grey Medallion program for participants over 55 years of age.

Consisting of aqua aerobics, personal survival and life saving technique sessions, Cool Seniors equips participants with the knowledge and skills to assist in an aquatic emergency.

Congratulations to everyone who came along this year. We hope you enjoyed the sessions as much as we did!



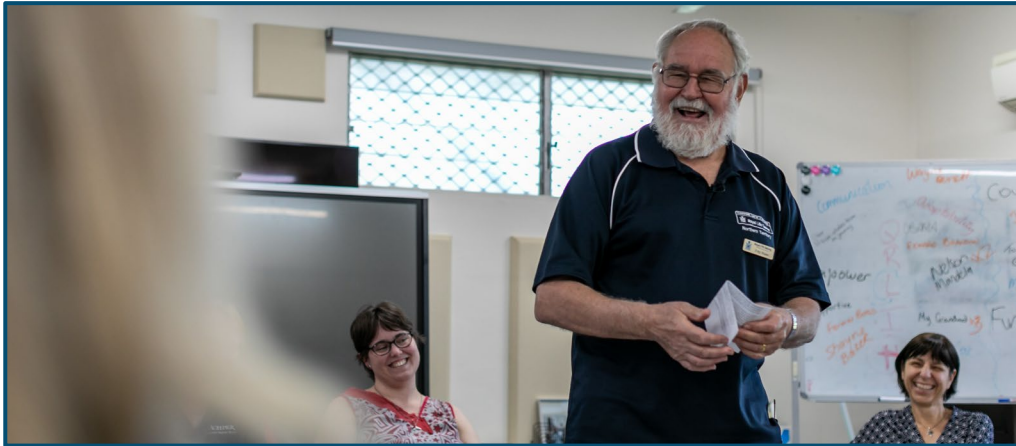
This program is supported by the Northern Territory Government and Council Of The Aging NT.



# Meet Our Members



**Meet Fritz Risler. A member since the early 1980's, Fritz was instrumental in growing pool lifesaving in the Territory and competed at the inaugural Australian Pool Lifesaving Championships held in Alice Springs in 1987.**



## **What made you become a member?**

Before coming to Australia, I was involved with the Swiss Life Saving Society (SLRG) as a lifeguard, instructor and a competition team member in the 1960s and 70s. In Darwin I joined Royal Life in early 1980s and became an AUSTSWIM Teacher. To gain more experience in lifesaving skills I also joined St John Ambulance as a volunteer first aider and ambulance officer at that time.

**Pick three words that describe RLSSA NT:** RLSSA NT is a very *welcoming* and *dynamic* organisation run by a team of very *dedicated* people.

**What have been some of your favourite experiences as a member?** Pool lifesaving training at Casuarina pool with the junior and competition teams. In the late 1990s many parents used to bring their children to the pool. To get them involved with lifesaving, we started an adult group with an organised program to foster lifesaving swimming strokes and skills for adults. This became quite popular and was also fun to run.

A highlight was the (inaugural) National Life Saving Championships in Alice Springs run by our branch in 1987 in which I also participated as a competitor.

Another highlight was the honour of being awarded a HRH Prince Michael of Kent Certificate of Merit to commemorate the 125<sup>th</sup> Anniversary of the Commonwealth RLSS in Canberra in October 2016. At one stage all 4 members of our family were AUSTSWIM qualified and taught swimming with RLSSA NT in Darwin!

**What would you say to someone who is thinking about becoming a member?** Why aren't you a member yet?!



From 19-22 August the Goldfishbowl Swim School and Royal Life Saving NT management Teams travelled to the Gold Coast for the Australian Swim Schools Association (ASSA) National Conference.

The Conference provides Australian and International swim school owners and operators networking opportunities and the chance to learn from guest speakers alongside hundreds of vendors and exhibits.

The Conference also holds the annual ASSA awards, and The Goldfishbowl Swim School was awarded Swim School of the Year for the Northern Territory, in addition to being recognised as a finalist for National Swim School of the Year.

Congratulations to everyone who was a part of earning these prestigious awards.

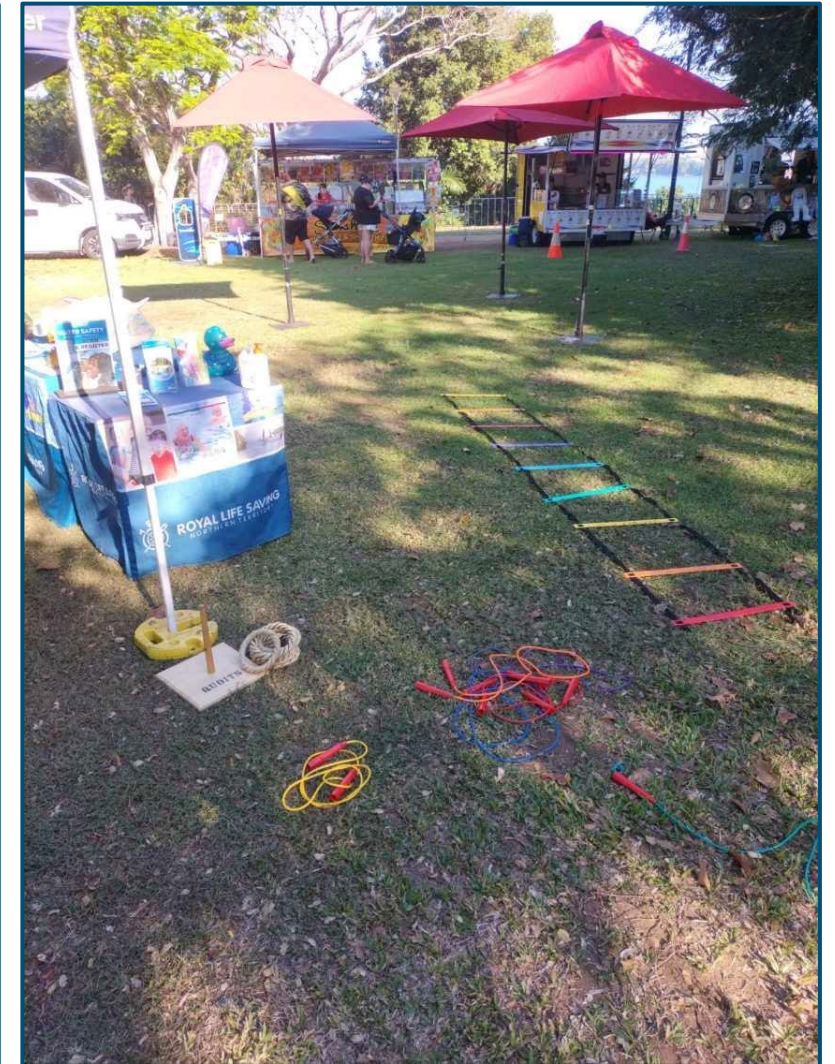


# The Water Safety Unit

Boof the Barra had a magical morning down at the City of Darwin Teddy Bear's Picnic on 11 August.

Children and their furry friends enjoyed skipping ropes, an agility ladder, colouring-in, noughts and crosses and ring toss games. It was great to chat to parents about the Water Safety Awareness Program.

Thanks to everyone who stopped by!





# EMERGENCY CARE SESSIONS

Bookings are essential

## WATER SAFETY AWARENESS PROGRAM



### PARAP

Royal Life Saving NT  
77 Ross Smith Ave, Parap  
(Blue building)

Monday 2<sup>nd</sup> September 5-6pm  
Monday 7<sup>th</sup> October 5-6pm  
Tuesday 8<sup>th</sup> October 9-10am  
Saturday 12<sup>th</sup> October 9-10am

### ALICE SPRINGS

Birth & Beyond – Parent Resource  
Centre Fan Arcade, 10/89 Todd St

Tuesday 17<sup>th</sup> September 10am  
Friday 20<sup>th</sup> September 10am  
Tuesday 8<sup>th</sup> October 10am

### PALMERSTON

Palmerston Child & Family Centre  
2 Brennan Court, Farrar

Wednesday 4<sup>th</sup> September 4.30-5.30pm  
Thursday 5<sup>th</sup> September 9-10am  
Wednesday 9<sup>th</sup> October 4.30-5.30pm  
Thursday 10<sup>th</sup> October 9-10am

Are you in another location? Email us at [wsap@rlssa.org.au](mailto:wsap@rlssa.org.au) and we can assist with your enquiry.



Anula Primary School at  
Casuarina Aquatic &  
Leisure Centre

Shout-out to the fantastic schools and students who completed Swim and Survive programs with Royal Life Saving NT in July and August.



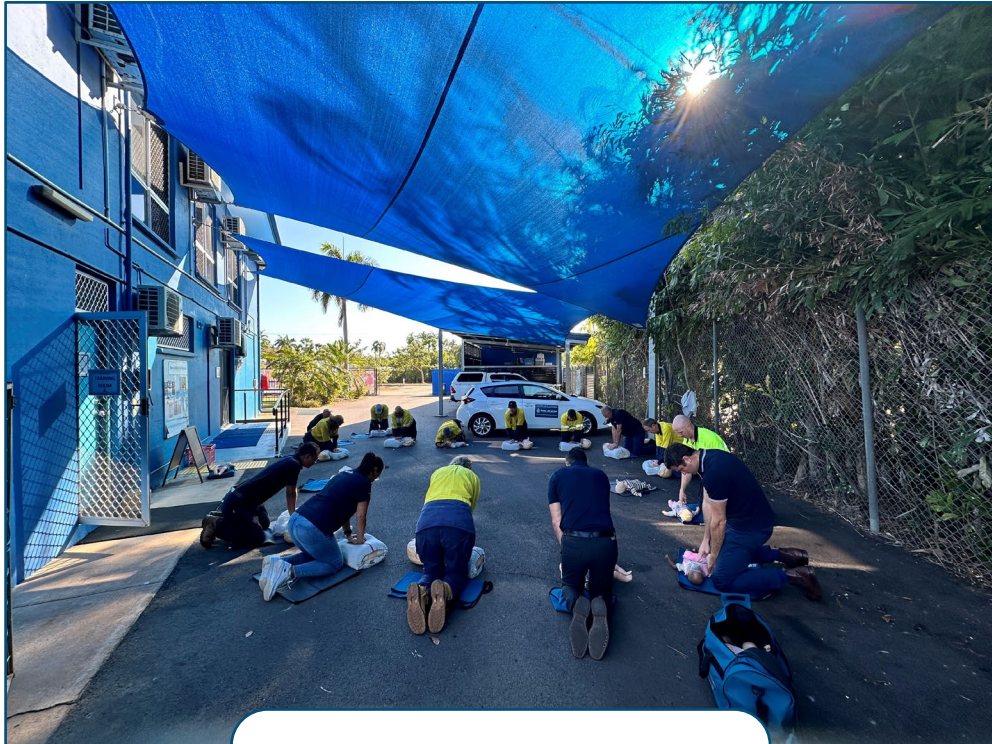


On 8 August Royal Life Saving NT commenced a six-week adult learn to swim program with students from Charles Darwin University international college at Casuarina Aquatic & Leisure Centre.

16 participants are enjoying building confidence in the water and having fun, with multiple learners sharing that the program is their first experience of swimming at a public pool.



# TRAINING



First Aid course at RLSSA NT  
Office Parap  
on 27 July



Bronze Medallion at Alice  
Springs Aquatic & Leisure  
Centre on 12 Aug



Bronze Medallion at  
Parap Pool on 10  
August

# UPCOMING COURSES



## Pool Lifeguard

Alice Springs Aquatic & Leisure Centre | 6-8 Sep, 8.30am-4.30pm  
Royal Life Saving NT Office, Parap | 4-6 Oct, 8.30am-4.30pm

## Book Now



[trainingmanagernt@rlssa.org.au](mailto:trainingmanagernt@rlssa.org.au)



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



Royal Life Saving Northern Territory

8981 5036

## Pool Lifeguard Update

Royal Life Saving NT Office, Parap | 23 Sep, 8.30am-4.30pm

## Bronze Medallion or Update

Royal Life Saving NT Office, Parap | 7 Sep, 8.30am-4.30pm  
Royal Life Saving NT Office, Parap | 26 Oct, 8.30am-4.30pm

\*Bronze Medallion update course times 8.30am-12.30pm

Royal Life Saving NT  
ABN 57 939 760 839  
RTO 0859

GPO Box 1229,  
Darwin NT 0801  
RTO Provider #0859

# Royal Life Saving Society (Australia) NT Branch Inc Notice of Annual General Meeting

## Friday 13<sup>th</sup> September 2024

Annual General Meeting of

Royal Life Saving NT

**Venue:** 77 Ross Smith Ave Parap

**Date:** Friday 13<sup>th</sup> September 2024, 6-7pm

**Details:** Agenda, Previous Minutes, Board Nominations and Audited Financial Statements are available from the Public Officer, email [froberts@rlssa.org.au](mailto:froberts@rlssa.org.au)

Current financial members will be emailed the AGM documents. A TEAMS meeting will be available for Members who can not make it in person.

A Member-Q will precede the AGM from 5-6pm with nibbles and drinks

**Please RSVP by 6<sup>th</sup> September 2024**

**Email:** [nt@rlssa.org.au](mailto:nt@rlssa.org.au)

**Phone:** 8981 5036





# WATER SAFETY WEEK 2024

## SAVE THE DATE!

Water Safety Week returns from 15-21 September bringing a week of free, fun water safety education across the Northern Territory.

FREE FAMILY EVENTS

# Water Safety Week 2024

**WATER SAFETY IS 24/7**

Sunday 15<sup>th</sup> - Saturday 21<sup>st</sup> September

Darwin • Palmerston • Katherine  
Tennant Creek • Alice Springs

A week of free fun and water safety education across the Northern Territory. Come and join in on an event near you!

Splashfest • Pool Lifesaving Carnivals  
Water Safety Activities  
Story Reading with Boof the Barra  
Aquafest

#WSW24

The Water Safety Unit | ROYAL LIFE SAVING NORTHERN TERRITORY | NORTHERN TERRITORY GOVERNMENT

FREE FAMILY EVENT

# Splashfest

**WATER SAFETY IS 24/7**

Location: Darwin Waterfront

Sunday 15<sup>th</sup> September 9am – 12pm

Opening event for Water Safety Week

Boof the Barra • Waterslides • Circus entertainment  
Splash bucket fun • Water Safety Creek competition  
Kids DJ • Stilt walkers • Face painting  
Fantastic give aways and much more!

#WSW24

The Water Safety Unit | ROYAL LIFE SAVING NORTHERN TERRITORY | NORTHERN TERRITORY GOVERNMENT | DARWIN WATERFRONT

city of PALMERSTON  
'A Place for People'

PRESENTS

# Aquafest

**WATER SAFETY IS 24/7**

Location: SWELL Palmerston

Saturday 21 September 10am - 3pm

Closing event for Water Safety Week

Boof the Barra • Circus activities  
Sausage sizzle • Face painting  
Fantastic give aways and much more!

The Water Safety Unit | ROYAL LIFE SAVING NORTHERN TERRITORY | NORTHERN TERRITORY GOVERNMENT | city of PALMERSTON 'A Place for People'



# CONNECT WITH US

Connect with us



@RoyallifeSavingNorthernTerritory



@RoyallifeSavingNT



@RoyallifeSavingAUST



royallifesaving.com.au

Casuarina Aquatic & Leisure Centre