



KICKING BACK

November/December 2025




ROYAL LIFE SAVING
NORTHERN TERRITORY




EDITION #148

Welcome to the November/December edition of Kicking Back.


November and December have been all about the Barkly and the Red Centre. Multiple Swim & Survive programs conducted at Tennant Creek pool, training and swimming programs delivered in remote communities throughout the Centre. We also celebrated National Water Safety Day, the reopening of the Katherine Pool and of course, Christmas! Keep reading to catch up on all the highlights!



Swim & Survive
came to Yulara



Barkly Schools
Swim & Survive in
Tennant Creek



Santa visited Royal
Life Saving NT

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



ROYAL LIFE SAVING
NORTHERN TERRITORY



2025 Christmas message from our Executive Director, Floss Roberts

Thank you to our Volunteers, Members
and Staff for an incredible year,
celebrating 60 Years of service in the
Northern Territory, our Diamond Jubilee.

Wishing everyone a wonderful Christmas
and a safe and Happy New Year.

A special massive thank you to the NT
Government for our Funded School
Swimming Program – Making our children
safe again.



ROYAL LIFE SAVING
NORTHERN TERRITORY

Celebrating our
DIAMOND JUBILEE
1965-2025



RoyalLifeSavingNT
RoyalLifeSaving.com.au/NT



From November 3-7, the Team had an amazing week delivering the Swim & Survive program to the Barkly Region Schools at the Tennant Creek pool.

Students from Alekarenge, Arlparra, Canteen Creek, Epenarra and Murray Downs all participated and demonstrated great swimming and lifesaving skills.

Thanks to Barkly Regional Council and School of Sport Education NT for their support in making this program happen.



Students from Ti Tree School completed their swimming and water safety lessons at Tennant Creek pool during November.

There was lots of laughter and students demonstrated great swimming and water safety skills across their lessons. Thanks to Barkly Regional Council and School of Sport Education NT for their support in making this program happen.



Students from Tennant Creek Primary School participated in the Swim & Survive program at Tennant Creek pool during November.

Students from Transition through to Year 6 enjoyed the week of lessons. They gave their all during their swimming lessons and the progress the swim teachers saw was incredible. Well done Tennant Creek Primary School!

Thanks to Barkly Regional Council and School of Sport Education NT for their support in making this program happen.



OUR PLACES



Our Executive Director, Floss Roberts captured this stunning image of Uluru on her recent trip to Yulara to deliver the Swim & Survive program to local children. We thought it was too good not to share and reminds us of how special it is to work where we do!

OUR PLACES



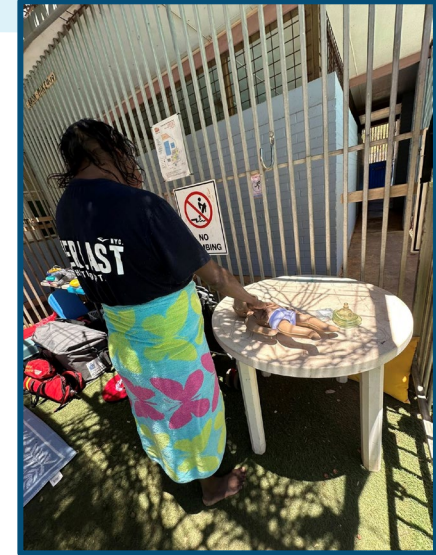
We were delighted to attend the official opening of the upgraded Katherine Pool on December 13. Congratulations to all involved in this project, a great result for the community of Katherine!



OUR PLACES



It was all happening on December 1 when we travelled to Utju (Areyonga). Veronica and Belinda completed their Pool Lifeguard update. The local school teachers completed their First Aid training after school. Many thanks to Matt & Michelle for opening up the pool for us on their day off! Great work Utju!



OUR PLACES



On December 4 we travelled to Ltyentye Apurte (Santa Teresa) to celebrate the great work of Patricia, Claire, Andrea & Jeremy who make sure the swimming pool is opened and lifeguarded for everyone to enjoy! Well done team!



OUR PEOPLE – NT Administrator's Medal Award



Do you know someone who has made a difference to lifesaving, water safety education and drowning prevention in the Northern Territory?

Why not nominate them today for the Northern Territory Administrator's Medal Award.

Nominating is easy, simply follow the link below and tell us about your water safety legend!

[NT Administrator's Medal Award | RLS NT](#)

OUR PEOPLE



Some of our Members, young and old, came together on 12 December to enjoy our Member's Christmas Party held at our office Parap. There was even a special visit from Santa bearing gifts, much to the delight of the children in attendance.

Many thanks to our Members for coming along, it's a busy time of the year and we appreciate your support!



OUR PEOPLE



On 14 December, our amazing swim teaching Team took some time out of the water to come together and celebrate their achievements for 2025 and enjoy some Christmas festivities. Thanks to the Team for a fantastic year, enjoy your break with family and friends!



UPCOMING COURSES- DARWIN



Bronze Medallion or Update

Darwin | 14 February 8:30am-4:30pm
(update course 8:30am-12:30pm)

Pool Lifeguard

Darwin | 28 February & 1 March 8.30am -5.30pm

Pool Lifeguard Update

Darwin | 1 March 8.30am – 5.30pm

In-house group training available on request

- Face-to-face First Aid
- Swim Teacher Rescue Award
- Hydrotherapy Rescue Award



Royal Life Saving NT
ABN 57 939 760 839 - RTO 0859
GPO Box 1229, Darwin NT 0801
RTO Provider #0859

Book Now



trainingmanagernt@rlssa.org.au



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



Royal Life Saving Northern Territory



8981 5036





UPCOMING COURSES- ALICE SPRINGS

Bronze Medallion

Alice Springs | 12 February 8:30am-4:30pm

Bronze Medallion Update

Alice Springs | 10 February 8:30am-12:30pm

In-house group training available on request

- Face-to-face First Aid
- Swim Teacher Rescue Award
- Hydrotherapy Rescue Award

Pool Lifeguard

Alice Springs | 14 & 15 February 8.30am – 5.30pm



Royal Life Saving NT

ABN 57 939 760 839 - RTO 0859

GPO Box 1229, Darwin NT 0801

RTO Provider #0859

Pool Lifeguard Update

Alice Springs | 13 February 8.30am – 5.30pm

Book Now



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



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CPR

Alice Springs | 11 February 8.30am – 10.30am

First Aid (online learning + practical assessment)

Alice Springs | 11 February 8.30am – 12.30pm

First Aid Education & Childcare (online learning + practical assessment)

Alice Springs | 11 February 8.30am – 12.30pm





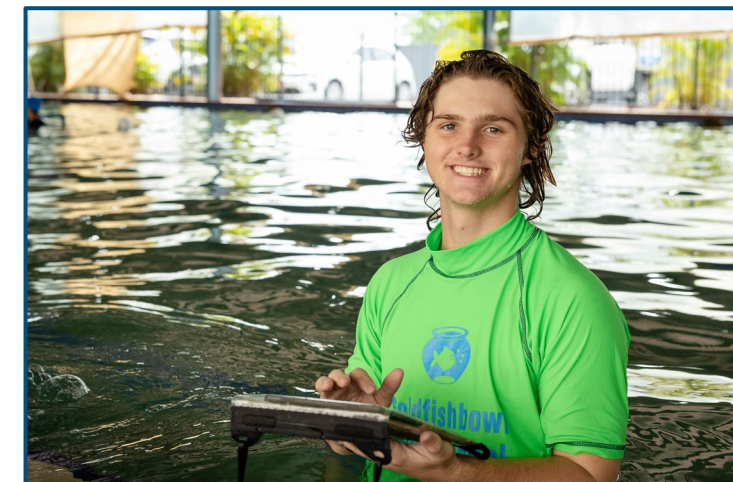
Goldfishbowl Swim School



Term 1 bookings are now open! Term 1 lessons will commence on January 27, 2026 and run through until April 2, 2026. Visit our website to make your booking for 2026.

[learn to swim darwin,
swimming lessons Darwin](https://www.learn-toswim.com.au/learn-to-swim-darwin-swimming-lessons-darwin)

We were lucky enough to have the fantastic Nakita Pollock stop by the swim school and capture some great images of some of the Goldfishbowl Team. Thanks Nakita!





POOL LIFESAVING

Pool Lifesaving wrapped up Term 4 training with awards.

Great efforts by all athletes. Lifesaver of the Term award went to Tilly Hewitt.

Tilly showed great leadership, consistent effort and team spirit in every training session.

A very special thanks to our volunteer coaches - Alister and Carly



Pool lifesaving.
It's more than just a sport.



183

children aged 0-4
years drowned over
the past ten years



**SUPERVISE
CHILDREN**





NATIONAL WATER SAFETY DAY

On December 1 we celebrated National Water Safety Day in partnership with Surf Life Saving Australia. Last summer, 139 people lost their lives to drowning across Australia, with 39% of all drowning deaths occurring during the summer months.

Men accounted for 81% of drowning deaths, and many incidents took place at unpatrolled beaches, rivers, lakes and dams.

As we head into a busy, hot summer, please take a moment to refresh your water safety plans.

- Always supervise children around water
- Swim at a patrolled beach between the red and yellow flags
- Wear a lifejacket when boating, rock fishing or on watercraft
- Avoid alcohol and drugs around water
- Learn swimming and lifesaving skills
- Know your limits and the conditions

Together, we can help prevent drowning and keep communities safe.

**NATIONAL
WATER
SAFETY
DAY**



NATIONAL AQUATIC INDUSTRY WORKFORCE



Key insights from the National Aquatic Industry Workforce Report 2025 emphasise the importance of the National Aquatic Workforce Framework to:

- Promote the breadth of industry roles and attract a diverse workforce
- Retain and develop workers through clear career pathways
- Strengthen leadership capability and development
- Streamline professional development and reaccreditation systems and requirements

Employers are encouraged to share the available pathways and align training and development plans to support the over 50% of workers who want a long-term career in the industry.

Explore the National Aquatic Workforce Framework [here](#).
Learn more about the National Aquatic Industry Workforce Report [here](#).



AUSTSWIM Teacher Training



AUSTSWIM TSW

98.9% of our graduates get jobs

ENROL NOW!

AUSTSWIM TSW
AUSTSWIM Teacher of Swimming and Water Safety

TEACHER OF SWIMMING AND WATER SAFETY

📅 Saturday 31 January & Sunday 1, February 2026

🕒 8:30am - 5:00pm

📍 Royal Life Saving NT Office

PARAP, NT

AUSTSWIM



AUSTSWIM INF

98.9% of our graduates get jobs

ENROL NOW!

AUSTSWIM INF
AUSTSWIM Teacher of Infant and Preschool Aquatics™

TEACHER OF INFANT AND PRESCHOOL AQUATICS

📅 Sunday 8 February 2026

🕒 9:00am - 5:00pm

📍 ROYAL Life Saving NT Office

PARAP, NT

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The Goldfishbowl Swim School