



KICKING BACK

June 2025



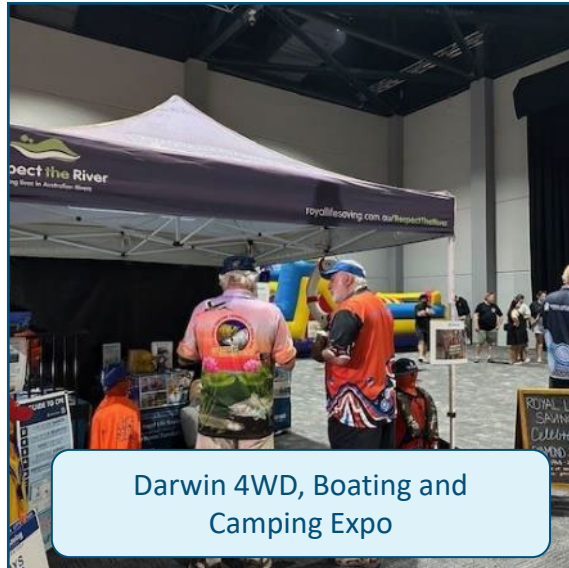
ROYAL LIFE SAVING
NORTHERN TERRITORY

EDITION #143



Welcome to the June edition of Kicking Back.

From the Top End to the big city, June was full of action! Our Team was on the ground delivering first aid training, chatting water safety at the Darwin 4WD, Camping & Boating Expo, and connecting with senior Territorians at the 10th annual COTA NT Senior's Expo. We also supported swim teacher development with an AUSTSWIM infant aquatics course and gained insights at the National Sports & Physical Activity Convention in Melbourne. Dive in to see what we've been up to!



Darwin 4WD, Boating and
Camping Expo



AUSTSWIM Teacher of Infant and
Preschool Aquatics



First Aid with Mala'la Health Service
Aboriginal Corporation in Maningrida

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.

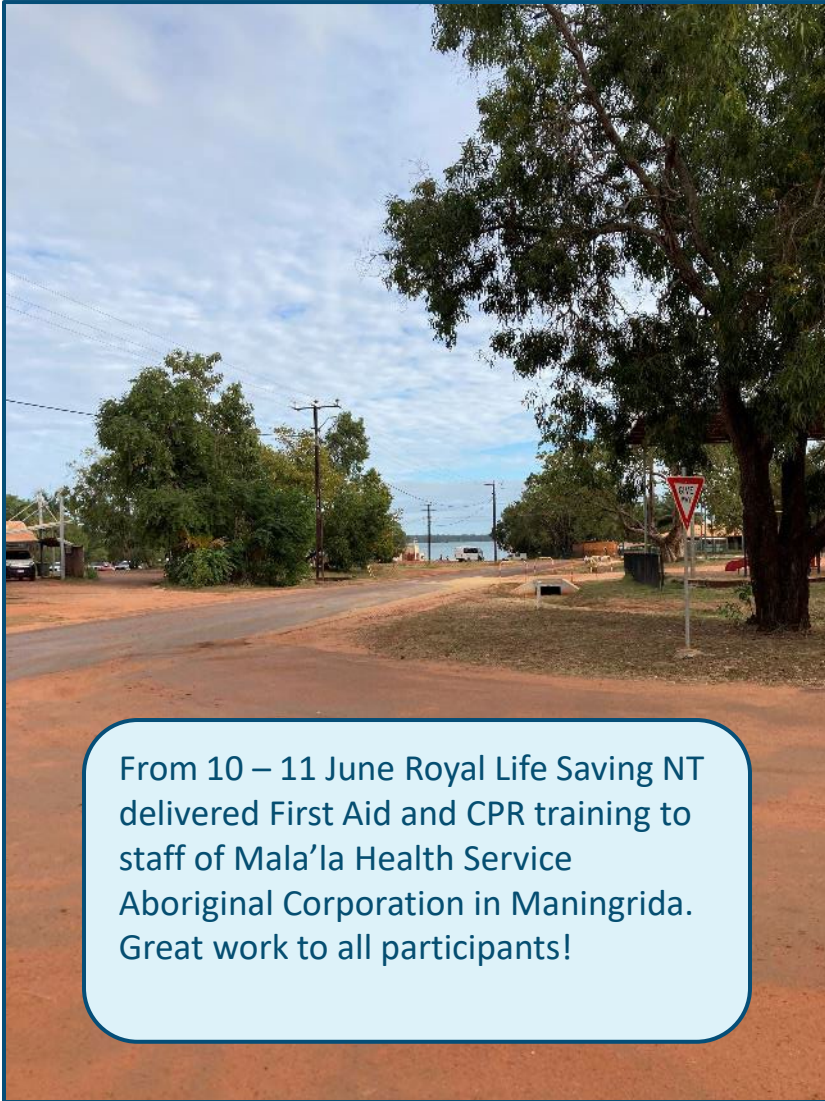
STRATEGY: Our People, Our Lifestyle, our Water

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

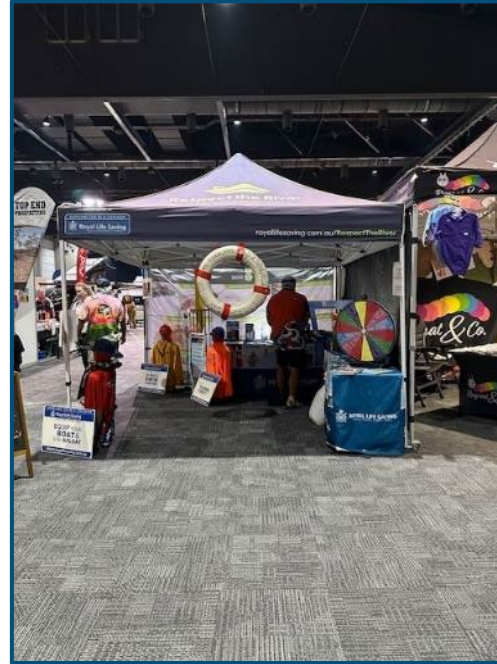
OUR PLACES



From 10 – 11 June Royal Life Saving NT delivered First Aid and CPR training to staff of Mala'la Health Service Aboriginal Corporation in Maningrida. Great work to all participants!



OUR LIFESTYLE



On 14 & 15 June, Royal Life Saving NT held an information stall at the Darwin 4WD, Boating and Camping Expo. It was great to chat with visitors and local Territorians about water safety, swimming lessons and more.

Thank you to our wonderful volunteers for manning the day and to everyone who shared a water safety story. Check out our Facebook page to hear some of the important messages.

This activity has been delivered by Royal Life Saving NT as part of Inland Communities Water Safety Program with the support of the Royal Life Saving Society – Australia and the Australian Government.

NATIONAL SPORTS & PHYSICAL ACTIVITY CONVENTION



From 24-26 June Royal Life Saving NT attended the National Sports & Physical Activity Convention. The event is Australia's largest community sport and physical activity conference, bringing together leaders, innovators, and changemakers from across the country to explore ways to build healthier, more active communities. It was a valuable opportunity to learn from national and international experts about the latest trends, strategies, and evidence-based approaches to sport, wellbeing, and physical literacy.

Our team came away with several key takeaways.

- The importance of prioritising wellbeing in program design and delivery
- The use of Wellby measures to track wellbeing outcomes
- The value of reflective practice and sense-making, particularly in small teams

We're excited to bring these insights back to the Territory and continue embedding wellbeing and community connection into our programs.



OUR LIFESTYLE



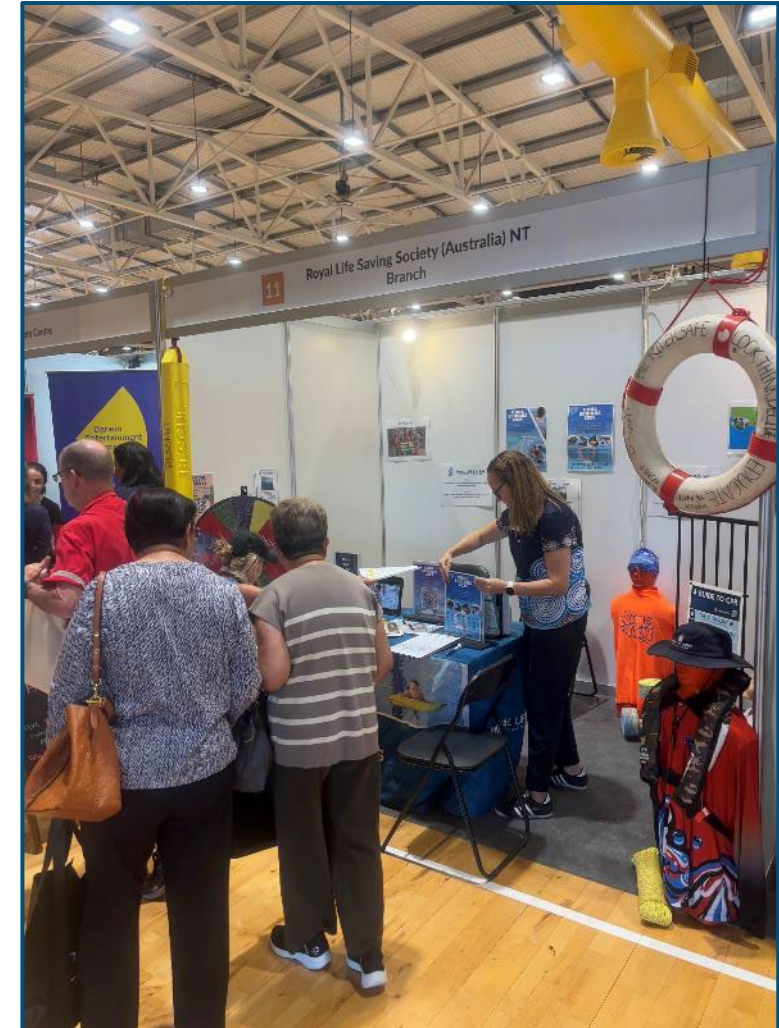
On 28 June, Royal Life Saving NT was proud to take part in the Council on the Ageing NT's annual Senior's Expo, held at the Darwin Netball Stadium.

This year marked the event's 10th anniversary, with celebrations including a delicious cake and an official opening by Lia Finocchiaro MLA. The expo continues to be a fantastic opportunity to connect with senior Territorians and share important water safety messages.

We enjoyed plenty of great conversations and look forward to welcoming our community back for Cool Seniors programming, returning this August during Senior's Month.



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Join
Now!



2025/2026 MEMBERSHIP

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

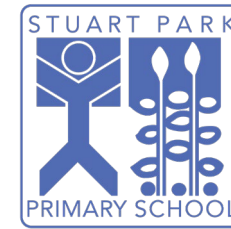
Vision: To build a healthy, strong and safe aquatic community
through access to water safety education and training.



Benefits include:

- Limited edition gift pack
- 5% discount on courses
- Monthly Newsletter
- Invitations to functions

JUNE PARTICIPATING SCHOOLS





The Goldfishbowl Swim School has recently enhanced its outdoor area with brand new chairs and tables, thanks to the support of Community Benefit Funding.





The new furniture offers families a comfortable place to relax while children take part in swim lessons, making the space more inviting and user-friendly.

Whether it's enjoying a break between classes or catching up with other parents, the upgrade has been warmly welcomed by the community.

ENROL NOW

Splash into confidence.

Goldfishbowl Swim School is now taking Term 3 enrolments for all ages and skill levels. Whether you're a beginner or looking to refine your strokes our expert instructors create a fun, safe and supportive learning environment.

-  Small class sizes
-  Certified, friendly instructors
-  Warm, fully covered pool
-  Lessons for all ages – from toddlers to adults

Spots fill fast! Reserve yours today.

From the Water Safety Unit

As of 30 June 2025, an incredible 35,881 children across the Northern Territory have been registered in the Water Safety Awareness Program since its inception in 2003.

Over the 2024–2025 financial year alone, 1856 new registrations were received, reflecting strong community engagement and the ongoing importance of early water safety education.

Delivered by the Water Safety Unit and funded by the Northern Territory Government, this free program supports parents and caregivers of children under five to build water awareness and confidence through practical sessions in pools and home environments. It's a vital first step in creating safe habits around water from a young age. If you have a child under five and haven't yet enrolled, now is the perfect time to join the program.

Register online: [Water Safety Awareness Program – NT Government](#)



ROYAL LIFE SAVING
NORTHERN TERRITORY



WATER SAFETY AWARENESS PROGRAM

Register your child under five today



AUSTSWIM

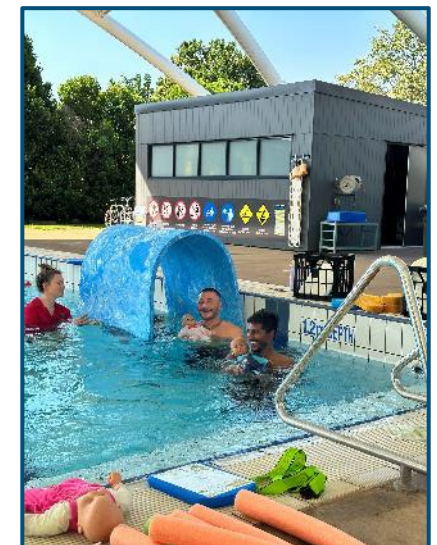


On 14 June, Royal Life Saving NT held an AUSTSWIM Teacher of Infant and Preschool Aquatics extension course. The one-day course focuses on the unique needs of children aged up to 5 years, equipping teachers with the skills to plan and deliver safe, engaging, and developmentally appropriate lessons.

Participants explored early childhood development, water familiarisation strategies, and how to create a nurturing, play based learning environment that builds trust with both children and their caregivers.

By investing in this type of professional development, swim teachers are better prepared to support water confidence and safety from the very first splash.

For more information on upcoming courses, visit austswim.com.au or call 1300 885 666.



AUSTSWIM



Are you a swimming teacher passionate about making aquatic environments more inclusive? Don't miss your chance to upskill with the AUSTSWIM Teacher of Aquatics – Access and Inclusion (TAI) Course, being held in Darwin on Sunday, 20 July.

This nationally recognised extension course is designed to equip swim teachers with the skills and knowledge to support people with diverse needs in aquatic programs, ensuring every swimmer feels safe, welcomed, and included.

Course Details:

Sunday 20 July 2025

Royal Life Saving NT Office

77 Ross Smith Avenue, Parap, NT 0804

Whether you're looking to broaden your teaching scope or better meet the needs of your local community, this course is an excellent opportunity to deepen your impact as an educator.

Enrol now at www.austswim.com.au

BOOK NOW!
Teach a skill for life

TEACHER OF AQUATICS – ACCESS AND INCLUSION COURSE™
RTO NO 104975

AUSTSWIM extension courses are open to all Swimming Teachers

being held at
Royal Life Saving NT Office
77 Ross Smith Avenue, PARAP, NT 0804
Sunday 20th July, 2025

Enrol online at www.austswim.com.au

AUSTSWIM
AUSTSWIM TAI

UPCOMING COURSES



Bronze Medallion or Update

Darwin | 9 August 8:30am-4:30pm
(update course 8:30am-12:30pm)

Pool Lifeguard Update

Alice Springs | 30 August 8.30am-4:30pm

Resuscitation

Darwin | 26 August 2-4pm
Alice Springs | 28 August 3.30-5:30pm

First Aid (online learning + practical assessment)

Darwin | 26 August 2-6pm
Alice Springs | 28 August 3.30-7:30pm

First Aid Childcare (online learning + practical assessment)

Darwin | 26 August 2-7pm

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



SAVE THE DATE

In 2025, Royal Life Saving Northern Territory celebrates it's Diamond Jubilee 60 years of serving the Northern Territory.

The NT formed a stand-alone Branch of the Royal Life Saving Society – Australia in 1965 and since then plays a critical role in reducing drowning deaths, particularly in under five-year-olds through raising water safety awareness and teaching children water safety and swimming skills.

On 21 July, Diamond Jubilee celebrations will take place to commemorate this special occasion. Mark your calendars and stay tuned for how you can join the celebrations.



WE'RE GOING BLUE FOR WORLD DROWNING PREVENTION DAY

THURSDAY 25TH JULY

Anyone can drown,
no one should.



ROYAL LIFE SAVING
AUSTRALIA

World
Drowning
Prevention
Day 25 July

CONNECT WITH US



Connect with us



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@RoyalLifeSavingNT



@RoyalLifeSavingAUST



royallifesaving.com.au

Parap Pool, Darwin.