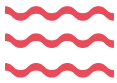




# **South East Sydney Water Safety Directory**

A directory of services and groups  
to help you stay safe in the water



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Published 2018. This directory has been compiled for information purposes only. The SES Multicultural Water Safety Committee makes no statements or representations about the accuracy or completeness of the information. Any reference to any specific organisation or service does not constitute or imply its endorsement or recommendation by the Committee.



# Introduction

We would like to acknowledge the Bidjegal and Gadigal people of the Eora nation and the Dharawal people as the traditional custodians of the land and pay our respects to Elders both past and present.

The South East Sydney Multicultural Water Safety Committee has compiled this directory of aquatic services and water safety resources to provide information for service providers and community groups to assist with improving water safety on our beaches and waterways.

Based on the successful model implemented by the Illawarra Culturally and Linguistically Diverse Water Safety Committee, we aim to create a collaborative environment to encourage effective communication between multicultural services and aquatic service providers. In this way, we hope to ensure water safety initiatives are responsive to the needs and assets of the regions culturally and linguistically diverse communities.

Join us to increase awareness and education by exploring, developing and delivering water safety initiatives at our beaches, waterways and other aquatic environments.

An online version of this directory, which includes more information on events, workshops and courses, can be found at:  
[www.advancediversity.org.au](http://www.advancediversity.org.au) or  
[www.gymeacommunityaid.org.au](http://www.gymeacommunityaid.org.au)

For more information, please contact:  
Advance Diversity Services  
[info@advancediversity.org.au](mailto:info@advancediversity.org.au)  
(02) 9597 5455

Or

GyMEA Community Aid and Information Service  
[settlement@gcais.ngo.org.au](mailto:settlement@gcais.ngo.org.au)  
(02) 9524 9559

# Key water safety messages

- 1 Never swim alone
- 2 Call 000 in an emergency and ask for Police
- 3 Learn CPR and lifesaving skills
- 4 Learn about the different Australian waterways
- 5 Don't go in the water after alcohol and other drugs

## At the beach

- 1 Always swim between the red and yellow flags
- 2 Read all safety signs
- 3 Ask the lifeguards and lifesavers about the conditions and safety advice
- 4 If you get into trouble, stay calm and signal for help



[www.watersafety.nsw.gov.au](http://www.watersafety.nsw.gov.au)

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More resources on water safety can be found on page 7 of this book.

# Rock fishing safety

Rock fishing is one of the most dangerous sports in Australia, with the South East Sydney coastline, especially the Randwick coastline, being particularly dangerous in terms of deaths. To minimise risks, please adhere to the following:

- 1 Wear a lifejacket - it is now law and fines apply
- 2 Never fish alone and make sure someone knows where you are
- 3 Stay alert and never turn your back on the sea
- 4 Check weather conditions prior to going out
- 5 Fish in known safe areas
- 6 Wear correct clothing (non-slip shoes and lightweight clothing)
- 7 If you see someone in trouble, do not enter the water. Find something to assist them like a life buoy, or anything that will float, such as an esky lid, and call 000 and ask for Police
- 8 Learn to swim and learn CPR

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More resources on rock fishing safety can be found on page 8 of this book.



# **Resources, Fact Sheets, Videos and Apps**

English and  
other languages

# Beach Safety

Randwick City Council

## Extra Life Short Film

Available in English

 <http://bit.ly/2PGQGUh>

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Surf Life Saving Australia

## Enjoy the Beach Safely video

Available in Arabic, Hindi, Korean, Japanese, Malay, Traditional Chinese and Simplified Chinese

## How to Spot a Rip Current video

Available in Arabic, Simplified Chinese, Traditional Chinese, English, Hindi, Japanese, Korean and Malay

## How to Survive a Rip Current video

Available in Arabic, Simplified Chinese, Traditional Chinese, English, Hindi, Japanese, Korean and Malay

 <https://bit.ly/2BdcVut>

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Sutherland Shire Council

## Lifeguards Top Tips Fact Sheet

Available in Arabic, Chinese, English, Greek, Hindi, Italian, Nepalese and Spanish


 <https://bit.ly/2w46CDC>

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## SurfHero

Beach safety website for kids

Available in English

 [www.surfhero.com.au](http://www.surfhero.com.au)

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Waverly Municipal Council

## Stay Safe at the Beach Factsheet

Available in English, Arabic, Chinese, French, Greek, Hungarian, Indonesian, Italian, Japanese, Korean, Polish, Portuguese, Russian, Spanish and Thai

 <https://bit.ly/2Owtp2k>

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## Stay Safe at the Beach Brochure

Available in English, Arabic, Chinese Simplified, Chinese Traditional, French, Greek, Hindi, Indonesian, Italian, Japanese, Korean, Nepali, Portuguese, Spanish, Thai, Urdu, Vietnamese

 <https://bit.ly/2O0CMM7>

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Wollongong City Council

## Stay Safe Brochures

Available in Arabic, Chinese, English, Macedonian, Portuguese and Vietnamese

 <https://bit.ly/2OA3oiM>

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# Phone Apps

Surf Life Saving Australia

## Beach Safe App

Available in English

Available through the app store on your phone

Royal Life Saving Australia

## Home Pool Safety App

Available in English

Available through the app store on your phone

# General Water Safety

Royal Life Saving Australia

## Water Safety Fact Sheet

Available in Arabic, Chinese, Vietnamese

## Water Smart Tips for Aquatic Environments Fact Sheet

Available in Arabic, Dari, Simplified Chinese, Traditional Chinese and Tamil

## Water Smart Water Safety Tips Fact Sheet

Available in Arabic Dari Simplified Chinese Traditional Chinese and Tamil

## Make It Safe Fact Sheet

Available in Arabic, Greek, Italian, Traditional Chinese and Vietnamese

 <https://bit.ly/1k1CcHy>

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Water Safety NSW

## Water Safety Fact Sheet

Available in Arabic, Turkish and Vietnamese

 <https://bit.ly/2w46xji>

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## Riverways

Royal Life Saving Australia

### **Respect the River Safety Summary**

Available in English

### **Resuscitation Fact Sheet**

Available in English

### **Inland Waterways Fact Sheet**

Available in English

### **Water Safety on Holidays Fact Sheet**

Available in English

### **Watercraft Safety Fact Sheet**

Available in English

### **Alcohol and Water Safety Fact Sheet**

Available in English

### **Flooding Fact Sheet**

Available in English

 <http://bit.ly/2Sw2SUY>

## Rock fishing

Water Safety NSW

### **Rock Fishing Safety Tips Fact Sheet**

Available in Arabic, English, Korean, Simplified Chinese, Traditional Chinese and Vietnamese

### **Rock Fishing Safety Act 2016 Fact Sheet**

Available in Arabic, English, Korean, Simplified Chinese, Traditional Chinese and Vietnamese

 <https://bit.ly/2Oyp3rA>

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Recreational Fishing Alliance of NSW

### **Rock Fishing Safety Fact Sheet**


Available in Chinese, Korean and Vietnamese

 <https://bit.ly/2B7e8Dv>

### **Don't Put Your Life on the Line Video**

Available in Chinese, Korean and Vietnamese

Available in English

 <youtu.be/4O-yKhyZJrw>

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Randwick City Council

### **Staying Safe Whilst Rock Fishing in Randwick City**

Available in English

 <https://bit.ly/2hNTKfP>



# Swimming Pools

## Kids Health

### **Kids Can Drown Without a Sound! Fact Sheet**

Available in Arabic, Bangla, Burmese, Simplified Chinese, Traditional Chinese, Dari, Farsi, Hindi, Korean, Punjabi, Sinhala, Spanish, Tagalog, Tamil, Turkish, Urdu and Vietnamese.

 <https://bit.ly/2P8aKuZ>

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## Royal Lifesaving Australia

### **Home Pool Safety Checklist Fact Sheet**

Available in English

### **Drowning risks around the home Fact Sheet**

Available in English

### **Pool Toy Safety Fact Sheet**

Available in English

### **Pool Safety Devices Fact Sheet**

Available in English

### **Portable Pools Fact Sheet**

Available in English

### **Children's Pool Party Safety Fact Sheet**

Available in English

### **Child Safe Play Area Fact Sheet**

Available in English

 <https://bit.ly/2Mk092r>

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## Kid Safe Victoria

### **Pool Fence Safety Fact Sheet**

Available in English

 <https://bit.ly/2MeahJQ>

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# Resources for Service Providers

The Australasian Council for the Teaching of Swimming and Water Safety

### **Austswim Service Delivery Model for CALD Communities**

Available in English

 <https://bit.ly/2KVYmLj>

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## Water Safety NSW

### **NSW Water Safety Reports**

Available in English

 <https://bit.ly/2MeFAEI>

### **NSW Water Safety Useful Links**

Available in English

 <https://bit.ly/2MNJReg>

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## Randwick City Council

### **Rock Fishing in Randwick City Survey 2013 Report**

Available in English

 <https://bit.ly/2lydqzh>

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## Royal Life Saving Australia

### **10 Year National Study of Overseas Born Drowning Deaths Report**

Available in English

 <http://bit.ly/2AMxV93>

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### **National Fatal Drowning Database**

Available in English

 <http://bit.ly/2Dmu05i>

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### **Royal Life Saving Research and Reports**

Includes: National Drowning Report 1995-current; Australian Water Safety Strategy documents 1998-2020; Drowning Data Reports; Evaluation Reports; Water Safety Issues Research; Survey Reports; Conference Proceedings.

Available in English


 <http://bit.ly/2OqvbBY>

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## Surf Life Saving NSW

### **Coastal Safety Reports 2016-current**

Available in English

 <https://bit.ly/2QoM80G>

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# **Programs, Workshops, and Courses**

**South East and  
wider Sydney**

# GyMEA Community Aid and Information Service

Surf Awareness workshops for adults and young people in Sutherland Shire and St George

Participants are taught how to identify potential dangers, recognise safe and unsafe swimming areas, and learn how to identify rips and currents.


 St George, GyMEA and Loftus Tafe and Community settings

 2018 only

 (02) 9524 9559

 Kalpna Patel

 kalpna.patel@gcais.ngo.org.au

 <https://gymeacommunityaid.org.au/>

## Water Safety Ambassadors Program

Local community members are trained in First Aid, CPR, basic swimming and surf awareness to take the information back to their communities and advocate for water safety in their communities.


 GyMEA

 2018

 (02) 9524 9559

 Kalpna Patel

 kalpna.patel@gcais.ngo.org.au


 <https://gymeacommunityaid.org.au/>

## Safe Fishing and Water Safety Days

Community Events held in collaboration with partners to promote water safety awareness

 Sutherland / GyMEA

 2018

 (02) 9524 9559

 Kalpna Patel


 kalpna.patel@gcais.ngo.org.au

 <https://gymeacommunityaid.org.au/>

## Advance Diversity Services

### Multicultural Water Safety Event


Delivered once a year, these events promote water safety among CALD communities with a specific focus on newly arrived people.


 St George and Sutherland Shire

 Annual

 (02) 9597 5455

 Salvin Kumar

 [salvink@advancediversity.org.au](mailto:salvink@advancediversity.org.au)

 <https://advancediversity.org.au/>

## Sutherland Shire Council

### Surf Education for Schools and Lifeguard Hire

These sessions are available in four different formats: 4 hour Surf Awareness Course aimed at primary school age students; 8 hour Surf Survival Course designed for high school aged students; 45 minute safety talk; and Hire-a-Lifeguard for school picnics and community events.

 Cronulla Beach

 Annual

 (02) 8522 2100

 Cameron Pyett





 [cpyett@ssc.nsw.gov.au](mailto:cpyett@ssc.nsw.gov.au)

 <http://bit.ly/2AnRmDF>

# Surf Life Saving NSW





## Surf Awareness Presentations

Delivered year-round, these interactive presentations are designed to increase awareness and knowledge of beach safety.

-  State Wide
-  (02) 9471 8000
-  education@surflifesaving.com.au
-  <https://www.surflifesaving.com.au/beach-safety-talks>

## On-Beach Surf Safety Workshops






Delivered throughout October-April, these practical and interactive on-beach workshops provide participants with the opportunity to improve water safety knowledge and skills in a realistic environment.

-  State Wide
-  (02) 9471 8000
-  education@surflifesaving.com.au
-  <https://www.surflifesaving.com.au/beach-workshops>

# Tamarama Surf Life Saving Club






## Migrant Beach Safety Days

Delivered in partnership with Surf Life Saving NSW, these sessions generally covers swimming between the flags, identification of rips and safety on rock platforms. Ideally for groups of between 50 and 80 people.

-  Tamarama Beach
-  Monthly/By request
-  (02) 9130 3967
-  community@tamaramaslsc.org
-  <http://www.tamaramaslsc.org/>

# Swim Sisters

Swim Sisters provides an inclusive environment for women at all levels, fitness abilities and backgrounds to swim by coordinating workshops to support new swimmers gain the necessary skills and confidence, and facilitating opportunities for women to train for ocean swimming.

-  Western Sydney pools and various beaches
-  Weekly
-  Yusra Metwally
-  0420 479 575
-  <https://www.facebook.com/swimsistersquad/>

# Royal Life Saving NSW

## Funded Swimming lessons







Each year Royal Life Saving endeavours to apply for funding to hold low cost or free swimming lessons in partnership with community organisations. These programs generally provide up to 10 swimming lessons and a CPR session (programs may vary). Community organisations may enquire about potential partnerships.

-  Generally Fairfield/Seven Hills/Canterbury or high risk areas
-  Check annually
-  (02) 9634 3700
-  Health Promotion Team
-  nsw@royalnsw.com.au or ashcater@royalnsw.com.au
-  <https://www.royallifesaving.com.au/>

# City of Canterbury Bankstown

## Free Bus from Canterbury Bankstown to Cronulla Beach

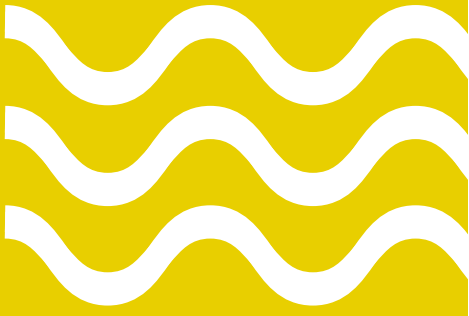
Free buses are provided by the City of Canterbury Bankstown to take young people and their parents/guardians to Cronulla Beach and back on certain days in January 2019. Several pick up points are available around Canterbury Bankstown. Bookings are not required; the program operates on a 'first come, first served' basis. All passengers must comply with conditions and warnings. A water safety resource is also provided on the buses by Sutherland Shire Lifeguards.

-  Canterbury Bankstown/Cronulla
-  Check annually
-  (02) 9707 9605
-  justine.foo@cbcity.nsw.gov.au
-  Justine Foo
-  [cb.city/bustobeach](http://cb.city/bustobeach)



# **Aquatic Services In South East Sydney**


**Swimming Pools,  
Clubs, Schools, and  
Water Activities**




## Swimming Pools

### Des Renford Leisure Centre

Swim school available


 Corner Robey Street and Jersey Road  
Maroubra, 2035

 02 9093 6300

 [www.randwick.nsw.gov.au/drlc](http://www.randwick.nsw.gov.au/drlc)


### UNSW YMCA Fitness & Aquatic Centre

Swim school available

 UNSW, Building B5, Gate 2, High Street,  
Kensington 2052

### McIver's Ladies Baths


Tidal salt water pool open to women and children.

 145-149R Beach Street, Coogee 2034

### Wylie's Baths

Tidal pool located just a few hundred metres south of Coogee Beach.

 4B Neptune Street, Coogee 2034

 02 9665 2838

 [swimnow@wylies.com.au](mailto:swimnow@wylies.com.au)


 [www.wylies.com.au](http://www.wylies.com.au)

## Swim Clubs

Swim clubs are generally run by volunteers and aim to provide a safe and supportive environment for families, where all swimmers, regardless of ability, are encouraged to reach their full potential. They meet regularly to hold competitions and social events.

### DRLC Maroubra Swimming Club


Based at the Des Renford Leisure Centre (DRLC)

 Heffron Parks Corner Robey St and Jersey Road, Maroubra 2035

 [www.mbra.org.au](http://www.mbra.org.au)

### The Randwick City Swim Club

Based at Des Rendford Leisure Centre

 Corner Robey St and Jersey Rd Maroubra 2035

 02 9093 6315

 [rcsc@randwick.nsw.gov.au](mailto:rcsc@randwick.nsw.gov.au)

### Randwick & Coogee Swim Club

Based at Wylie's Baths


 4B Neptune Street Coogee 2034

 [rcascwylies@gmail.com](mailto:rcascwylies@gmail.com)

 <https://rcasc.swimming.org.au/>

### University of New South Wales Swimming Club

Based at UNSW Fitness and Aquatic Centre

 Building B, Gate 2, High Street Kensington

 [registrar@unsw.swimming.org.au](mailto:registrar@unsw.swimming.org.au)

 <https://unsw.swimming.org.au/>

### Sea's the Limit Swim Club

Based at Botany Aquatic Centre & Des Renford Leisure Centre


 Des Renford Leisure Centre: Corner Robey Street and Jersey Road, Maroubra 2035


 [seasthelimit01@gmail.com](mailto:seasthelimit01@gmail.com)

 <https://seasthelimit.swimming.org.au/>

## Independent Swim Schools

### In The Deep

 Level 3, The Juniors, 558 Anzac Parade, Kingsford 2032


 02 8379 8288

 [info@inthedeep.com.au](mailto:info@inthedeep.com.au)

 [www.inthedeep.com.au/](http://www.inthedeep.com.au/)

### Maroubra Swimming School

 84 Maroubra Road Maroubra 2035

 02 9344 5735

 [cheryl-hardwick@bigpond.com](mailto:cheryl-hardwick@bigpond.com)

 [www.maroubraswimmingschool.com.au](http://www.maroubraswimmingschool.com.au)

### Oceanfit

Offers ocean swims and swimming lessons in the ocean.

 PO Box 407, Bondi 2026

 0433 082 541


 [info@oceanfit.com.au](mailto:info@oceanfit.com.au)


 <http://www.inthedeep.com.au/>


## Water Activities


### Surf Rescue 30

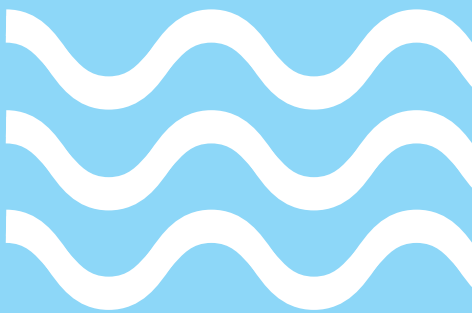
Surf Rescue 30 is a volunteer surf life saving rescue maritime group based in Maroubra, which has been in operation since 1969.

 PO Box 395 Maroubra 2035

 02 9311 4638

 [secretary@surfrescue30.com.au](mailto:secretary@surfrescue30.com.au)


 <http://www.surfrescue30.com.au/>




## Swimming Pools

### Botany Aquatic Centre

Swim school available


 Myrtle St & Jasmine St Botany 2019

 1300 581 299

### Angelo Anestis Aquatic Centre (Bexley Pool)

Wheelchair accessible pool facilities and children's pool. Swim school available

 98C Preddys Rd Bexley North 2207

 02 9150 5288

## Independent Swim Schools

### Open Water Swim School

Offers swimming lessons at the beach

 PO Box 188 Brighton Le Sands 2216

 Theresa Mitry 0451 146 284

 [info@openwaterswimschool.com.au](mailto:info@openwaterswimschool.com.au)

## Swim Clubs

Swim clubs are generally run by volunteers and aim to provide a safe and supportive environment for families, where all swimmers, regardless of ability, are encouraged to reach their full potential. They meet regularly to hold competitions and social events.

### St George Swim Club

Based at the Angelo Anestis Aquatic Centre


 98C Preddys Road, Bexley North 2207

 [presidentsgsc@gmail.com](mailto:presidentsgsc@gmail.com)

 <https://stgeorge.swimming.org.au/>

### Sea's the Limit Swim Club

Based at Botany Aquatic Centre & Des Renford Leisure Centre

 Botany Bay Aquatic Centre, Corner Myrtle and Jasmine Street, Botany 2019

 [seasthelimit01@gmail.com](mailto:seasthelimit01@gmail.com)

 <https://seasthelimit.swimming.org.au/>



# Water Activities

## NSW Personal Watercraft Association

NSW PWC Association organises personal watercraft racing and events.

-  St George Sailing Club,  
2 Riverside Drive Sans Souci 2219
-  Corey Styles 0419 248 369
-  [president@nswpwc.org.au](mailto:president@nswpwc.org.au)
-  [www.nswpwc.org.au/](http://www.nswpwc.org.au/)

## Ramsgate Life Saving Club (Ramsgate Nippers)

Ramsgate Life Saving Club provides rescue services and runs the Nippers program for children aged 3-16 from October to March.

-  Corner of Ramsgate Road and  
The Grand Parade, Ramsgate 2217
-  02 9529 3912
-  [www.ramsgatelifesavingclub.epage.at/](http://www.ramsgatelifesavingclub.epage.at/)

## Brighton Baths Athletic Club

Brighton Baths Athletic Club (BBAC) and Nipper's was established in 1910 and has been hosting swimming, running and aquathon events on Brighton Le Sands beach.

-  33A Old Taren Point Road  
Taren Point 2229
-  Peter Daley 0413 275 274  
Call between 6.00pm-8:30pm Mon-Fri or  
4.00pm-7.00pm Sat & Sun
-  [peterdaley6@yahoo.com.au](mailto:peterdaley6@yahoo.com.au)
-  [www.bbac.net.au/about](http://www.bbac.net.au/about)

# Georges River

## Swimming Pools

### Hurstville Aquatic Leisure Centre

Swim school available

-  Corner King Georges and Forest Roads, Hurstville 2222
-  9585 9600
-  [hurstville@bluefit.com.au](mailto:hurstville@bluefit.com.au)
-  <https://hurstvilleaquatic.com.au/>

### Sans Souci Leisure Centre

Swim school available

-  521 Rocky Point Road, Sans Souci 2219
-  9529 8544
-  [enquiry@sslc.net.au](mailto:enquiry@sslc.net.au)
-  [www.sslc.net.au](http://www.sslc.net.au)

### Carss Park Pool

Swim school available

-  Carwar Avenue, Carss Park NSW 2221
-  9546 4203
-  [info@carssparkpool.com.au](mailto:info@carssparkpool.com.au)
-  <https://carssparkpool.com.au/>




## Independent Swim Schools

### Sandra Swim School

Private indoor heated swimming pool provided upon request

-  Hurstville Grove, 2220
-  Sandra 0415 206 068
-  [sandraswimschool@me.com](mailto:sandraswimschool@me.com)
-  [www.sandraswimschool.com](http://www.sandraswimschool.com)

### Col Jones Swim Fitness




-  524 Railway Parade, Hurstville 2222
-  [cjswimhurstville@hotmail.com](mailto:cjswimhurstville@hotmail.com)
-  <https://jonesnsw.swimming.org.au/>

## Swim Clubs

Swim clubs are generally run by volunteers and aim to provide a safe and supportive environment for families, where all swimmers, regardless of ability, are encouraged to reach their full potential. They meet regularly to hold competitions and social events.

### Sans Souci Sea Devils Swim Club

Based at Sans Souci Leisure Centre

-  521 Rocky Point Road, Sans Souci 2219
-  ssseadevils@gmail.com
-  <https://sssd.swimming.org.au/>




### North Ramsgate Amateur Swim School

Based at Carss Park Pool

-  Carwar Avenue, Carss Park 2221
-  Phil Dean 0416 090 289
-  Kevin Archer 02 9534 3925
-  kgarcher@tpg.com.au
-  [www.nrasc.org](http://www.nrasc.org)





### Jones Swim Club

Based at Col Jones Swim Fitness

-  524 Railway Parade, Hurstville 2220
-  cjswimhurstville@hotmail.com
-  <https://jonesnsw.swimming.org.au/>





### Carss Park Swim Club

Based at Carss Park Pool

-  Carwar Avenue, Carss Park 2221
-  9546 4203
-  carssparksclub@hotmail.com
-  <https://carsspark.swimming.org.au/>

### Peakhurst West Swimming Pool




Based at Peakhurst West Public School

-  11 Ogilvy Street, Peakhurst 2210
-  John Thomas 0407 008 322
-  peakhurstasc@gmail.com
-  <https://peakhurst.swimming.org.au/>

## Water Activities


### Oatley Sea Scouts

1st Oatley Bay Sea Scouts runs weekly Cub and Scout meetings for both boys and girls at the Scout Hall in the Pleasure Grounds on Annette Street, Oatley. Activities include canoeing, kayaking, and sailing.

-  Oatley Pleasure Grounds,  
16 Annette Street, Oatley 2223
-  Alan Brancourt [abrancourt@optusnet.com.au](mailto:abrancourt@optusnet.com.au)
-  <http://oatleyscouts.org.au/index.php>


### Carss Park, Tidal Baths

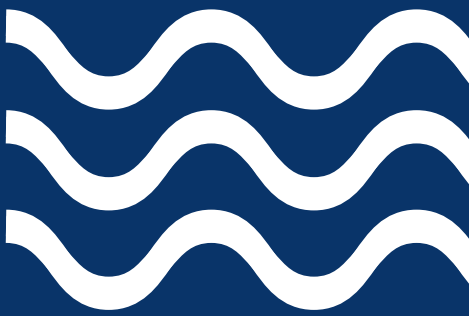
A protected swimming area on Kogarah Bay surrounded by Carss Bush Park

-  Carwar Avenue, Carss Park, 2221

### Oatley Park, Tidal Bath

Small area protected from sharks with iron mesh netting located on the sandy beach of Jew Fish Bay





-  1 Dame Mary Gilmore Drive, Oatley 2223



## Swimming Pools





### Sutherland Leisure Centre

Swim school available

-  1 Rawson Avenue, Sutherland 2232
-  02 8536 9777
-  [suthleisure@ssc.nsw.gov.au](mailto:suthleisure@ssc.nsw.gov.au)
-  [www.sutherlandshire.nsw.gov.au](http://www.sutherlandshire.nsw.gov.au)



### Engadine Leisure Centre

Swim school available

-  111-113 Anzac Avenue, Engadine 2233
-  02 9548 4200
-  [suthleisure@ssc.nsw.gov.au](mailto:suthleisure@ssc.nsw.gov.au)
-  [www.sutherlandshire.nsw.gov.au](http://www.sutherlandshire.nsw.gov.au)

### Caringbah Leisure Centre





Swim school available

-  5-9 Jacaranda Road, Caringbah 2229
-  02 9525 6777
-  [suthleisure@ssc.nsw.gov.au](mailto:suthleisure@ssc.nsw.gov.au)
-  [www.sutherlandshire.nsw.gov.au](http://www.sutherlandshire.nsw.gov.au)




# Independent Swim Schools

## Rice's Swimming School




Specialises in teaching swimming to children from 4 to 13 years of age

-  30 Sunbury Street, Sutherland 2232
-  9545 1581
-  riceswimmingschool@gmail.com
-  <https://www.sutherlandswimmingschool.com/>



## Menai Swim Academy

-  Lot 7/ 788-798 Old Illawarra Road, Menai 2234
-  9543 2190
-  <http://menaiswimacademy.com.au/>



## Aquatica Swim Academy

-  85 Cawarra Road, Caringbah 2229
-  8544 3757
-  <http://aquaticaswimacademy.com.au/>




## Catch N Kick Private Swim Coaching

-  Woolooware 2230
-  0488 388 099



## New Wave Swim Coaching

-  Woolooware 2230
-  0417 233 486



## John Widmer Swim School

-  5 Yalgar Road, Kirrawee 2232
-  9542 4445
-  [www.shireswimschool.com.au](http://www.shireswimschool.com.au)




## Dolphin Swim School

-  62A Anzac Ave Engadine 2233
-  9520 9949




## Cronulla Beach Swim School

-  1 The Esplanade Cronulla Beach 2230
-  9523 2919




## Taren Point Swim School

-  39 Willarong Road, Caringbah 2229
-  9531 7936
-  [www.tarenpointswimschool.com.au](http://www.tarenpointswimschool.com.au)




## Kids Aquatic Survival School

-  108 Turriell Point Road, Port Hacking 2229
-  9531 2108
-  [www.infantswim.com.au](http://www.infantswim.com.au)

## Starting Blocks Swim School

-  42 Kareena Road, Miranda 2228
-  9542 7797
-  [startingblocks.com.au/swimschool](http://startingblocks.com.au/swimschool)

## Shire Swim School

-  5 Yalgar Road, Kirrawee 2232
-  9542 4445
-  [www.shireswimschool.com.au](http://www.shireswimschool.com.au)




## Swim Clubs


Swim clubs are generally run by volunteers and aim to provide a safe and supportive environment for families, where all swimmers, regardless of ability, are encouraged to reach their full potential. They meet regularly to hold competitions and social events.

### Cronulla Swim Club

Based at Caringbah Leisure Centre

 5-9 Jacaranda Road, Caringbah 2229

 enquiries@cronullaswimclub.com.au

 <https://cronulla.swimming.org.au/>

### Engadine Swim Club


Based at Engadine Leisure Centre


 111-113 Anzac Avenue, Engadine


 engadineswim@gmail.com

### Gymea Bay Amateur Swim Club

Based at Baths Reserve

 Elsemere Road, Gymea Bay 2227


 (02) 9525 3820


 gymeabayswimming@gmail.com

### Menai Swim Club

Based at Menai Swim Academy

 788-798 Old Illawarra Road, Menai 2234


 menaiswimclub@gmail.com


 <https://menai.swimming.org.au/>

### SLC Aquadot Swim Club

Based at Sutherland Aquatic Centre

 Rawson Avenue, Sutherland

 (02) 9543 2190

 <https://aquadot.swimming.org.au/>

## North Cronulla Aquatic Swim Club

Based at James Peryman Memorial Swimming Pool at North Cronulla SLSC,

- 📍 85 Mitchell Road, Cronulla 2230
- ✉️ [President@ncaq.com.au](mailto:President@ncaq.com.au)
- 🌐 <https://ncaquatic.swimming.org.au/>

## Water Activities

### The Sutherland Shire Canoe Club

Activities cover paddle sports and include canoeing and kayaking sessions, group tours, and competitions.

- 📍 Washington Drive, Bonnet Bay
- ☎️ Robyn Bingle 0417 227 917
- ✉️ [Robynbingle@live.com.au](mailto:Robynbingle@live.com.au)

# Patrolled Beaches and Surf Life Saving Clubs

Council Lifeguards are part of a national network of professional men and women who patrol our beaches 365 days a year. Their job is to ensure the safety of beachgoers and are there to help you. The only thing they ask is that you follow their advice. Every morning a professional Lifeguard (in blue) inspects the beach conditions and decides on the safest area for people to swim or if the beach needs to be closed due to dangerous conditions.

Surf Life Saving Club members (in the red and yellow) are a network of volunteer surf lifesavers that patrol beaches in the peak periods between September and April. Surf Life Saving Clubs offer community education and training in beach safety, surf sports and plenty of opportunities for community involvement.



## Randwick City

 [www.randwick.nsw.gov.au/facilities-and-recreation/beaches-and-coast](http://www.randwick.nsw.gov.au/facilities-and-recreation/beaches-and-coast)

### 1. Clovelly

**Patrolled by Lifeguards late September to early May**

**Patrolled by Surf Life Saving**

Weekends and public holidays, September to April

 02 9665 1441

 [secretary@clovellysurfclub.com.au](mailto:secretary@clovellysurfclub.com.au)

 <http://clovellysurfclub.com.au/>

### 2. Coogee

**Patrolled by Lifeguards 365 days a year.**

Daylight Savings: 7am to 7pm.


Eastern Standard Time: 7am to 5pm

**Patrolled by Surf Life Saving**

Weekends and public holidays, September to April

 02 9665 5138

 [admin@coogeeslsc.com.au](mailto:admin@coogeeslsc.com.au)

 <http://coogeesurfclub.com.au/club/>

### 3. Maroubra


**Patrolled by Lifeguards 365 days a year.**

Daylight Savings: 7am to 7pm.


Eastern Standard Time: 7am to 5pm

**Patrolled by Surf Life Saving**

Weekends and public holidays, September to April

 02 9349 1336

 [admin@maroubraslsc.com.au](mailto:admin@maroubraslsc.com.au)


 [www.maroubraslsc.com.au](http://www.maroubraslsc.com.au)

### 4. South Maroubra


**Patrolled by Lifeguards During school Holidays**

**Patrolled by Surf Life Saving**

Weekends and public holidays from September to April

 02 9314 0070

 [info@southmaroubraslsc.com.au](mailto:info@southmaroubraslsc.com.au)

 [www.southmaroubrasurfclub.com.au](http://www.southmaroubrasurfclub.com.au)



# Sutherland Shire

[www.sutherlandshire.nsw.gov.au/Outdoors/Beaches](http://www.sutherlandshire.nsw.gov.au/Outdoors/Beaches)

## 5. Wanda

### Patrolled by Lifeguards

September to May, 8am to 5:30pm  
May to August, no patrol

### Patrolled by Surf Life Saving

Weekends and public holidays from September to April

☎ 02 9523 4343

@ clubhouse@wandaslsc.com.au

## 6. Elouera

### Patrolled by Lifeguards

September to May, 8am to 5:30pm  
May to August, no patrol

### Patrolled by Surf Life Saving

Weekends and public holidays from September to April

☎ 02 9523 7295

@ info@elouera.com

## 7. North Cronulla

### Patrolled by Lifeguards

September to May, 8am to 5:30pm  
May to August, 10.30am to 2.30pm

### Patrolled by Surf Life Saving

Weekends and public holidays,  
September to April

☎ 02 9523 5846

@ admin@northcronullaslsc.com.au

## 8. Cronulla

### Patrolled by Lifeguards 365 days a year

November to March: 8am to 5:30pm.  
April: 8am to 4:30pm.  
May to September: 7:30am to 3:30pm.  
October: 8am to 4:30pm

### Patrolled by Surf Life Saving

Weekends and public holidays from September to April

☎ 02 9523 5300

@ admin@cronullasurfclub.com





**SUTHERLANDSHIRE**



**NEW SOUTH WALES**



**NSW Police Force**



**ROYAL LIFE SAVING**  
NEW SOUTH WALES

