



## Free Swimming Lessons with Northern Stars

### Age Groups:

- School Aged: **5–12 years** • High School: **12–18 years** • **Adults**

Northern Stars is thrilled to announce the **continuation of its swimming program**, proudly funded by the **NSW Government**, providing **free swimming lessons** to participants.

This valuable program will run for **10 weeks** and supports participants who are **not currently accessing swimming lessons** to build essential **water safety and swimming skills**.

### Program Locations

Lessons will be held at one of the following centres:

- **Russell Vale**
- **Dapto**

### Important Information


- Spaces are **limited**, and a **selection process** applies
- Families will be notified from **Monday 9 March** if selected
- **Nominations close: 7 March**
- **Program commences: Week of 16 March 2026**

We encourage all interested participants to take advantage of this amazing opportunity.

### Contact Information


#### Russell Vale

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

 4285 8700

#### Dapto

 [dapto@northernstars.com.au](mailto:dapto@northernstars.com.au)

 4261 5826

To nominate a participant please complete the below form and return via email



## Participant Nomination Form

### Participant Details

Participant Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Postcode: \_\_\_\_\_

Gender (circle): MALE / FEMALE

Non-English Speaking Background (circle): YES / NO

Indigenous (circle): YES / NO

### Nominator Details

Your Name: \_\_\_\_\_

Relationship to Participant: \_\_\_\_\_

Contact Number (or adult participant): \_\_\_\_\_

### If Participant Is Under 18 Years

Parent/Carer Name: \_\_\_\_\_

Parent/Carer Contact Number: \_\_\_\_\_

Parent/Carer Email Address: \_\_\_\_\_

### Program Information

Reason for Nomination:

\_\_\_\_\_  
\_\_\_\_\_

Swimming Ability: \_\_\_\_\_

Preferred Swim Centre (circle): Russell Vale / Dapto

\_\_\_\_\_

**Program Commitment** Participation in this program requires a commitment to **attend all 10 weeks of lessons**. Continuity with the same class and teacher is important for skill development. If you or your child is unable to attend a lesson, please notify the centre with a **minimum of 24 hours' notice**. Missed lessons will be **rescheduled where possible**.