



PHOTO CREDIT : MANI VEISZADEH

MEMBERSHIP RENEWALS

SENIOR RENEWALS OPEN NOW
NIPPER RENEWALS OPEN 14 AUGUST
ALL REGISTRATIONS CLOSE 30 SEPTEMBER

All renewals are to be completed on-line through the SLS Members Area. Please ensure to make payment for your fees at the same time as completing your membership renewal. Competition levies have not been finalized so please do not pay them as yet.

[SLS MEMBERS AREA](#)



NIPPER OPEN DAY

**Saturday 2nd September
9am- 12pm @ The Club**

All new and returning Nippers welcome!
**Dont forget to download this season's
Nipper Hand book !**



CLUB WORKING BEE

**Sunday 3rd September
9am- 11am @ The Club**

Come down to the club and lend some muscle
as we spruce up the club
ready for the new season

EDUCATION NEWS

PROFICIENCIES

WELCOME KELLY!

We welcome Kelly Dobrow to the Executive Committee as she takes on the role of Chief Instructor and Director of Education.

SKILLS MAINTENANCE (PROFICIENCY)

Sun 8 October @ 2pm (dry then wet)
Sat 14 October @ 8.30am (dry then wet)
Sat 11 November @ 8.30am (dry then wet)
Sun 19 November @ 12 midday (dry then wet)

There is a requirement to register your attendance at the Skills Maintenance to ensure we have sufficient Assessors.

Note: You must complete the 2023 Skills Maintenance module in the e-learning of the Members Area prior to attending the practical assessments.

Freshwater members can attend a Skills Maintenance practical session at South Curl Curl, Queenscliff or North Steyne if any of the above dates are not suitable.



UPCOMING COURSES

SRC COURSE

Start Thursday 5 October 2023 for 6 weeks.
Thursday nights 6pm to 7.30pm (dry)
Saturday mornings 9am - 10.30am (wet)
Assessment on approx
Sunday 19 November 2023

ADVANCED RESUSCITATION

Wednesday 25 October 2023 6pm - 8pm

IRB CREW

Sat and Sun 9 and 10 September 2023
Sat and Sun 16 and 17 September 2023

BRONZE COURSE

Start Wednesday 18 October 2023
6pm - 8pm intro
Next 6 x Wednesdays 6pm - 8pm (dry)
Saturdays starting 28 October 2023
(9am - 4pm mandatory First Aid training)
Next 5 x Saturdays 1pm - 3pm (wet)
Assessment on approx 9 December 2023

If interested in completing any of these courses, please email our education team.

[EMAIL EDUCATION](#)



PATROLS

COMMENCE 23 SEP

Season kicks off with Patrol 5 (Sat morning) and Patrol 6 (Sat afternoon). Patrol rosters are posted in the Members Area on the SLSC website and also on our Club website (freshwaterslsc.com)

Please let your Patrol Captain & David Price know asap if you don't plan to return to patrols. Proficiency dates and times will be communicated soon.

[EMAIL DAVID](#)

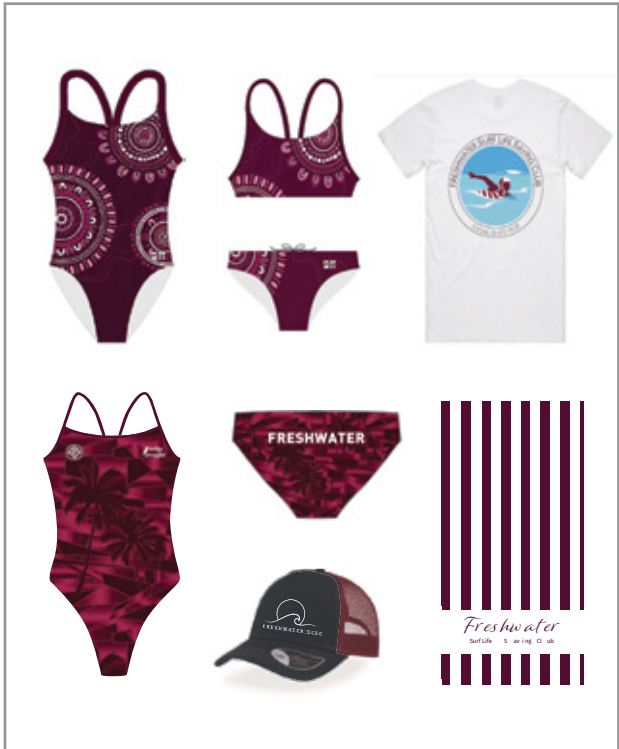
FRESHIE

UNIFORM SHOP

The Freshie Shop is back on site at the club and we are now taking pre-season orders. Order on-line and pick up from the office or flat rate postage is \$13.

We have some new season designs on offer in swimwear, tees, caps and accessories, along with past season designs that are discounted to clear.

[SHOP NOW](#)



PARKING PERMITS

Active patrolling members, who are not existing Northern Beaches Council ratepayers, are invited to apply for a parking permit. Please note the following criteria as stipulated by NBC:

Applicants must be an active patrolling member and paid all fees owing for the 2023/2024 season. Applications from ratepayers and where a permit has been given through another source are excluded.

If you meet the above criteria and would like to apply for a parking permit, please email Nat (adminassistant@freshwaterslsc.com) and provide your name, address and patrol number.

Applications close 25 August 2023.

NIPPER NEWS

PRE-SEASON BOARD TRAINING

Pre-season board training has kicked off for our Nippers from U10's and up on a **Sunday afternoon from 2:30pm at Freshie**. Any keen Nippers from last season are welcome to join in the fun- just bring your orange training cap and hi vis vest. Boards can either be borrowed for the session or hired for the season via our shop <https://shop.freshwaterslsc.com/board-hire/> - make sure to also fill out the board hire application form.



NIPPER OPEN DAY

Saturday 3 September from 9am-12pm

Pop down and see us if you are a newly registered member or if you are considering signing up. We will have experienced Age Managers and Junior Activities Committee members on hand to answer questions you might have about Nippers, uniforms, training and carnival participation options. Essential items such as caps and hi vis vests plus club swimmers will be available to purchase on the day.

BUNNINGS BBQ

Sunday 20 August from 8.30am-4:30pm

Freshie Nippers are hosting their very own Bunnings BBQ at Balgowlah on Come to say hi and buy a snag to help raise funds to support the Nipper program for the season ahead!

SWIM PROFICIENCIES U8-U13'S

Saturday 16 Sep (1-3pm) & Sunday 17 Sep (2-4pm)

Proficiencies will be held at Aqua Culture Swim Centre, Brookvale. Pool swim proficiencies qualify nippers to participate in water activities during general nippers, club championships and water training. More details to follow on TeamApp closer to the date.

PRE-SEASON NIPPER CAMP

Our popular pre-season Nipper Camp is back @ Ingenia One Mile Beach from 23-24 September. Join us for a fabulous weekend away getting ready for the 23/24 season, where the kids can refresh their surf skills, build new friendships and have a great time with other Freshie families. Cabins are filling up so book yours today - call 02 4982 1112 and mention you are from Freshwater Surf Club to receive a 15% discount!



DOWNLOAD

THE NIPPER HAND BOOK FOR 2023/2024

BEEER AND PIZZA NIGHT



FRIDAY	25	AUG	23	6:00 PM
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Freshwater SLSC invites Members and guests to a pre-season catch-up at the Club.

Please note this is an Adult only event, for members 14 years and above.

Volunteers Needed

Sponsorship & Member Services Teams

Freshwater SLSC is seeking passionate individuals to join our Sponsorship and Member Services Teams.

Social Media Positions

- FSLSC Member services division
- FSLSC Sponsorship Division

If you are keen to work with a dedicated team of volunteers, share a passion for surf life saving and want to make a positive impact on the local community, we would love to hear from you.

We are looking for creative individuals that have experience in social media, graphic design, photo and video editing.

You will work with our Director of Sponsorship to manage and create content for the club's social media platforms.

Sponsorship Volunteers

- Events and Fundraising
- Community Partnership Management

This is a great opportunity to develop your skills in content creation, community engagement and brand promotion, while also expanding your network and establishing connections within surf lifesaving and the Northern Beaches.

If you are interested in these roles or would like more information, please contact Kimberley Dales - sponsorship@freshwaterslsc.com.

EXECUTIVE COMMITTEE

DIRECTORS FOR 2023/2024 SEASON

TITLE	NAME
President/Chairperson	Michael Bate
Executive Officer	Richard Hawtin
Treasurer	Michael Raymer
Club Captain/Director of Lifesaving	David Price
Chief Instructor/Director of Education	Kelly Dobrow
Director of Sport	James Coates
Director of Facilities	Michael Kirkby
Director of Sponsorship & Marketing	Kimberley Dales
Junior Activities Chairperson	Tony Wessling
Director Member Services	Shanny Dyer
Youth Development Officer	Tamsyn Curley



ANNUAL REPORT

The 114th Annual Report is now available to download, or you can pick up a copy from the club.

[DOWNLOAD](#)

HARBORD HOTEL

What's on at your local



HARBORD SATURDAYS

Enjoy live music every Saturday!

Harbord Saturdays is a weekly party that you don't want to miss. No matter what week you attend, it's always a good time. Start in the courtyard, move inside at sunset and play till late.

TRIVIA TUESDAYS

Every Tuesday | 7pm

We're a venue for the people, so we're stoked to give you more of what you want.

We've got trivia every Tuesday in the main bar at 7pm. Head to Harbord Hotels What's On Page to register your table!

DON'T FORGET TO SHOW YOUR CLUB CARD

Show your Club Card on the Harbord App and receive:

- 15% OFF SELECTED HOUSE BEVERAGES 7 DAYS A WEEK
- 15% OFF FOOD MONDAY - FRIDAY
- SPENDS FROM CLUB MEMBERS GO TOWARDS CLUB REBATES

HARBORD HOTEL

What's on at your local



TASTE OF BALSAM

Entertain with us.

Our Taste of Balsa set menu is especially curated by our Head Chef, featuring riffs of our most enjoyed dishes, and is designed to share.

From citrus-cured Atlantic salmon, buffalo mozzarella & truss tomato and wood-fired cauliflower to wood-fired market fish with fennel vinaigrette and fermented chilli.

\$59pp designed to be shared.



FRESH COMEDY

Wednesday 30 August | 8pm

A monthly showcase of local and international comics, presented by The Comedy Store.

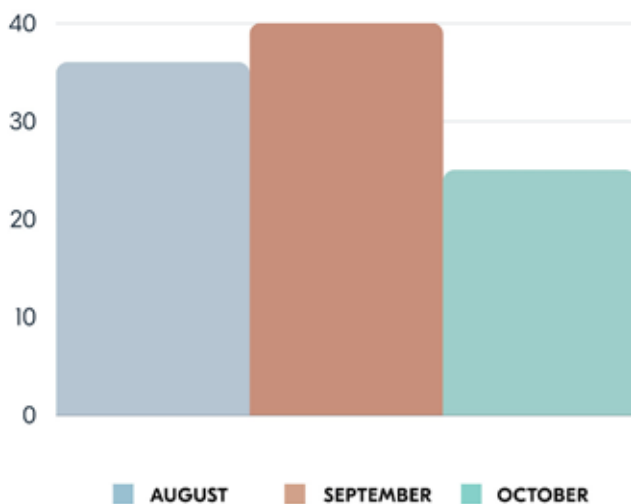
\$25 tickets, 8pm start!

Tickets available on our app and website.

Sell your property now in a strong market.

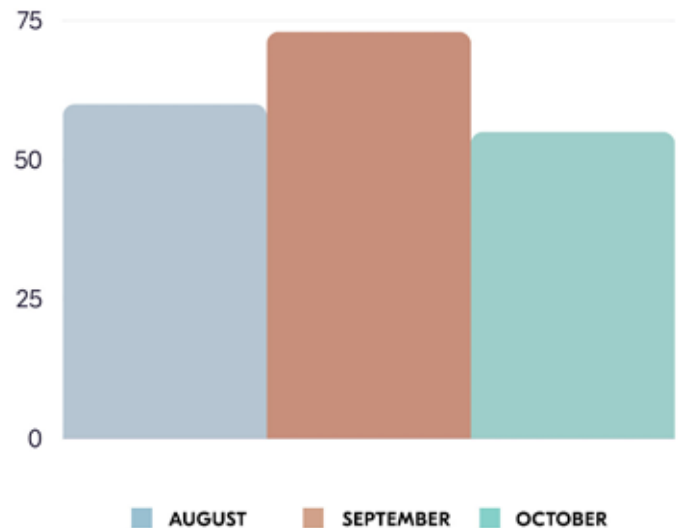
Email enquiries per listing

Email enquiries are highest in September



Auction clearance rate

Auction clearance rate peaks in September



THE BENEFITS OF SELLING BEFORE SPRING

- Sell now in this market and buy in a softer market with more properties to choose from
 - Get ahead of rival sellers - sell now with less competition than in the saturated Spring market
 - Don't be caught selling in the October / November peak Spring market with Christmas looming

If you're considering selling, call Mary Anne today for advice.



Mary Anne Cronin
0411 773 646

UPSTATE



BENNETT
SURF LIFESAVING

SUPPORTING
SURF LIFE
SAVING FOR OVER
FIVE DECADES

SPECIAL OFFER
10% DISCOUNT FOR ALL FSLSC MEMBERS
EXPIRES 31 OCTOBER 2023

02 9905 5157
180 HARBORD ROAD BROOKVALE
BENNETTSURF.COM

SUNRISE HATHA YOGA

with Celeste Ferraris

Freshwater Surf Lifesaving Club

TUESDAYS 6:30-7:30 AM

COST \$25 per class

Classes blend vibrant dynamic poses with longer releasing holds, focusing on both strength and suppleness.

- Bring your yoga mat and water
- Optional: a towel or blanket for resting poses, and any other yoga props you like to use
- Wear clothing that's easy to move in and layers for adjustable warmth in the cooler months



Image by Mohamed Hassan at Pixabay

ABOUT

Celeste has been teaching and studying yoga and meditation for over 15 years. A history in elite sport and current PhD studies in nutrition blend a modern scientific approach with the ancient wisdoms of yoga.

All levels of
experience
with yoga are
welcome



Image by Iham Fahreza at Vecteezy

To enrol or find out more, contact Celeste
celeste@celesteferraris.com
0407 770 177

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