



City of  
Newcastle



2022/23

# Newcastle beaches and baths Season Guide



visit [newcastle.nsw.gov.au](http://newcastle.nsw.gov.au)

Please adhere to any COVID-19 Public Health Orders when visiting your local beaches and ocean baths.

WE'RE  
COVID  
SAFE



## Beach safety

- Always swim between the red and yellow flags. **No flags = no swim**
- Never swim alone
- Before entering the water, check the conditions
- If unsure, ask a lifeguard for help
- Look for the safety signs, they will tell you what to look out for
- If you get in trouble in the water, stay calm, try to float, put your hand up and yell for help

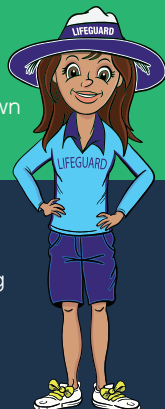
## Can you spot the rip?



The calm water in the middle of the photograph is a rip current.

Rip currents are a strong flow of water that surge from the shoreline back out to sea. Once past the waves, the current slows down and comes back to the beach again.

- Swim where the waves are
- Lifeguards place the flags away from rips, however rips are constantly moving
- If unsure, ask a lifeguard for help
- If you do find yourself caught in a rip, stay calm, try to float, put your hand up and yell for help
- A rip current will NOT pull you under or take you kilometres out to sea



## Lifeguard Patrols - Beaches

All beaches are patrolled during the summer surfing season from 24 September 2022 until 23 April 2023. Nobbys, Bar and Merewether Beach are patrolled all year round.

### Newcastle Beach

24 September 2022 - 23 April 2023 7am - 5:30pm

### Stockton Beach

24 September 2022 - 18 December 2022 9am - 5:30pm  
19 December 2022 - 29 January 2023 7am - 5:30pm  
30 January 2023 - 23 April 2023 9am - 5:30pm

### Bar, Nobbys and Merewether Beaches

24 September 2022 - 23 October 2022 9am - 5:30pm  
24 October 2022 - 12 March 2023 7am - 5:30pm  
13 March 2023 - 23 April 2023 9am - 5:30pm  
24 April 2023 - 22 September 2023 8am - 4:30pm

### Dixon Park Beach

24 September 2022 - 23 October 2022 9am - 5:30pm  
25 October 2022 - 12 March 2023 7am - 5:30pm  
13 March 2023 - 23 April 2023 9am - 5:30pm

### Sunday Beach Service

Stockton, Nobbys, Newcastle, Bar, Dixon Park & Merewether Beaches  
24 September 2022 - 23 April 2023 9am - 5:30pm

### Surf Lifesaving Clubs

Beaches are patrolled on Saturdays, Sundays and Public Holidays by Surf Lifesaving Clubs for 30 weeks from 24 September 2022 - 23 April 2023.

## Lifeguard patrols - Ocean Baths

### Merewether Ocean Baths

24 September 2022 - 23 April 2023 9am - 5:30pm

Merewether Baths are open all year round (subject to maintenance and cleaning). Merewether Baths are cleaned every 2nd Monday and every Thursday during the summer.

### Newcastle Ocean Baths

Newcastle Ocean Baths Stage one work commenced in March 2022 and is expected to continue through to the middle of 2023. The entire site will be inaccessible for the duration of the construction period. The canoe pool will still be open for access.