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Splash into Parramatta's spring swimming season

Lake Parramatta's swimming season opened on Saturday. The opening saw lifeguard patrols return to the Lake which was reopened for swimming four years ago, after a significant investment and many hours of work by Council.

Lord Mayor Andrew Wilson said the opening is an important milestone for the 'Our Living River' initiative, which aims to make unusable sections of the Parramatta River swimmable again.

"Since reopening in 2015, Parramatta Lake has become a favourite recreation spot for tens of thousands of people," Lord Mayor Wilson said.

"This wonderful location brings the community out in droves for swimming, bushwalking and barbecues.

"Lake Parramatta is a valuable local recreational asset and the natural setting, free entry and on-site parking means everyone can enjoy a great day out and cool off during the hot summer months."

Members of the Australian Lifeguard Service will patrol the lake's buoyed-off section from 9am to 6pm on

weekends, public holidays and school holidays until March 31.

While Council takes the necessary precautions to make swimming safe, swimmers are advised to check conditions before entering, and to follow any precautions displayed at the swimming area.

On Sunday, Masters Swimming NSW held its first Trial Open Water Swim at the Lake, with 25 adult swimmers of all ages taking to the water despite cool conditions.

Set in a 73-hectare reserve, the Lake Parramatta site features non-motorised boating facilities (such as kayaks, stand-up paddle boards, pedal boats and row boats), a children's playground, walking trails, public toilets, picnic facilities, barbecues and a weekend kiosk.

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