

# SWIFT SWIMMERS NEWSLETTER



FEBRUARY  
2026

## Welcome to 2026!

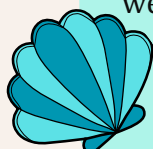
**Hello Swim Families,**

Welcome to our first  
newsletter of 2026 🎉🎉

We're so excited to kick off another year  
of learning, confidence-building, and  
swimming success at Swift Swimmers.

Thank you for  
being part of our swim family ❤️

we can't wait to make waves together  
this year! 🧑🏻‍🦎🧑🏻‍🦎👧



## Why consistency matters

Regular attendance is one of the  
biggest keys to swim success.  
Consistent attendance at lessons  
help swimmers to:

- Build muscle memory & retain skills
- Feel more confident & comfortable  
in the water
- Progress faster through levels
- Reduce fear & hesitation
- Develop strong water safety habits

Even short breaks can slow progress.  
Staying consistent helps swimmers  
keep moving forward with  
confidence.



## Swimming Caps

Wearing a swim cap isn't just for  
competitive swimmers, it has great  
benefits for learners too!

- ☒ Helps identify your child's  
swimming level to ensure they  
are in the right class & receive  
the correct floatation aids if  
needed
- ☒ Helps keep hair out of their face  
so they can focus
- ☒ Reduces chlorine exposure,  
keeping hair healthier
- ☒ Keeps goggles in place and more  
comfortable
- ☒ Improves hygiene by reducing  
loose hair in the pool
- ☒ Helps swimmers feel more  
streamlined & confident



Swim caps are  
given to swimmers  
at each level.  
We do encourage  
all swimmers to  
wear their hat.

