



Welcome to 2026!

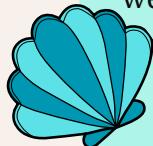
Hello Swim Families,

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.

