

SWIFT SWIMMERS



NEWSLETTER

MAY
2025

Learn to Swim Programme

Now that our new Learn to Swim Programme is in place, you may notice your child being introduced to new strokes and skills earlier than before as part of their swimming journey

Introducing butterfly & breaststroke at a young age helps children develop a strong swimming foundation.

These strokes require good coordination between the arms, legs, and breathing, which supports motor skill development and body awareness. Both strokes help build strength, endurance, and flexibility—especially in the shoulders, core, and hips. This can benefit children not just in swimming, but in other sports and physical activities.

Early exposure also improves water safety. Knowing a variety of strokes gives children more ways to move confidently and safely in different water situations.

Finally, learning more complex strokes builds confidence. It teaches children persistence, patience, and the satisfaction of mastering a challenge—all valuable life skills.

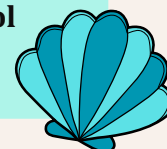
Stay connected with us on Social Media!

Are you following us on social media yet? If not, now's the perfect time to join our online community and stay up to date with our latest news, updates, & celebrations!

We'd love to see your swimmer's proud moments—feel free to tag us in your photos when they receive their certificates. And if you've had a great experience with your teacher or our team, we'd really appreciate it if you left us a review on Facebook!

 **Swift Swimmers Swim School**

 **Swift_Swimmers**



Swift Training Academy

Do you know someone 16+ who would like to kick start their career in leisure, or looking for something to do over the school holidays? We have a variety of courses running over the summer period.

National Pool Lifeguard Qualifications:

14-18th July- Bedford School
28-1st Aug- Lealands High School
29-2nd Aug- St Albans

Swim England Qualifications Combined Level 1 & 2 Swimming Teacher:

Starting from the 13th July - Bedfordshire

