

SWIFT SWIMMERS



NEWSLETTER

MAY
2026

What's New...

We're proud to have launched our new Swim Squad Team in Bedford!

Our swim team helps build confidence and promotes a strong community culture.

The swim team provides a supportive environment that swimmers can move onto, once they have completed our learn to swim programme to enable them to enjoy swimming for fitness, or competitiveness.

We can't wait to see the positive impact this brings together, this year!

We proudly launched women only sessions on Thursday evenings, at Lealands High School.

and we are delighted to share that these sessions have had an overwhelmingly positive response.

From first-time swimmers to returning learners, women across our community are embracing the opportunity to learn in a comfortable and supportive environment!



Summer Events

Keep an eye out for us at local school & community events. Our team will be out and about sharing tips and information about our lessons.

we'd love for our swim school families to come and say hello if you spot us!

Wotton Primary- 16th May
Houghton Regis Primary School- 6th June
Great Denham Primary School- 13th June
Warden Hill Schools- 26th June
Castle Newman School- 27th June
Markyate School- 27th June
Renhold Primary School- 4th July
Whitefield Primary Academy- 10th July
Bedford River Festival- 18th & 19th July
Park Lea Primary School- Date TBC



Did you know...

Our swim programme starts from the age of 3 years!

Starting swimming lessons at 3 years old helps children build water confidence while developing important water safety skills.

At this age, children also improve coordination, balance, listening skills, and overall physical development through fun, structured activities.

Early lessons can also encourage a lifelong love of swimming, helping children feel comfortable, confident, and active as they grow.

If you have younger children ready to begin their swimming journey, we'd love to welcome them!

