

SWIFT NEWSLETTER



SWIFT SWIMMERS
S W I M S C H O O L

November 2024

Welcome to our November 2024 newsletter !!

We would like to welcome you to our November newsletter, our team have been working hard behind the scenes to ensure the smooth running of all our venues through the winter months.

Swimming throughout the colder months

At Swift we believe that it is important for swimmers to keep swimming throughout the colder months. Here are 3 reasons as to why it's important to keep your swimmers swimming:

1. Can improve children's immune system

Swimming through winter can improve children's immune systems by keeping them fit and active, which over time and continuous practice reduces their risk of catching colds, and helps build resilience to stress and illness.

2. A great opportunity for indoor activity

During winter, kids can get restless not being able to run around and stay active because of the cold weather. Swimming lessons are a great way to cure your little one's cabin fever, have fun and move their bodies.

3. Water safety is not just for the summer

Accidents don't just happen in summer (Royal Life Saving found that 34% of drownings happen in the Autumn and Winter seasons), making swim lessons important **during every season of the year.**

Meet the team

Here are the faces behind the emails and calls, our team work hard behind the scenes to ensure the smooth running of our everyday programme.



Louise-
Bedford Programme Lead



Karen-
**Luton Programme Lead and
Swim manager**



Chloe-
Beechwood Park Programme Lead

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