



2 May 2024

Dear Parents and Swimmers,

We trust you are well. May the last month of Autumn bring you joy.

We are open during the winter. Make use of this time to improve your swimming skills and ensure that you and your children **become water safe and water competent.**

We felt it prudent to give you some **benefits of continuing your swimming journey in the winter.**

Swimming is not just a great way to keep fit, but also ensuring that the skill your child or yourself, have learned, is kept. Swimming keeps the bugs at bay, just remember to dry properly before leaving the school.

Continuing with swimming lessons all year round helps to build and maintain confidence and independence in the water. Repetition is key for long term skills development.

Swimming gives swimmers an advantage across all other life skills for example the cognitive skills all people should have. **we can assist them with adult classes during the week and on weekends.**

You are welcome to contact our offices for the spaces available. You are also welcome, to register yourself for our adult classes as we offer adult lessons from Monday to Saturday.

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We have various packages that could accommodate your needs to ensure that you become water safe and water competent. These packages are designed to accommodate all our swimmers that works shifts or who can not necessarily commit to a specific class, depending on availability.

Kindly note that we are closed on the following public holiday:

Wednesday the 29th of May 2024 - National Voting Day

Swimming is a happy place, so keep calm and swim against the current where every stroke counts.

Thank you for your continued support and referring family and friends!

**Best Wishes,
Irene and Noreen**