



2 July 2024

Dear Parents and Swimmers,

We trust you are well and hope to see you all back after our maintenance and repair week at the school.

Winter is a season of recovery and preparation. Take note that we are open the rest of the winter.

Benefits of swimming in the winter are as follows:

- It ensures that the **skill you or your child** has learnt is kept,
- Swimming keeps **the bugs at bay** – just remember to dry properly before you leave,
- It builds and maintains **confidence to be independent in the water**,
- **Repetition** is key for long term skills development. Swimming gives you an advantage across all other life skills for example the cognitive skills all people should have.
- Swimming saves lives

We offer adult lessons in the week and on a Saturday. You are welcome to book yourself for classes or alternatively your helper at home, who looks after your child(ren).

Ensure that you stay active and healthy this winter! Come and have fun in the water with us.

Thank you, for your, continues support. We trust you will continue to have a happy and healthy winter.

Best Wishes,

Irene and Noreen

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