

# NEWSLETTER

December 2024

## A MESSAGE FROM THE DIRECTOR



Welcome to Love to Swim!

We're thrilled to introduce a snapshot of our planned quarterly newsletter launching January 2025. The team and I have been working hard behind the scenes planning various events throughout the year and we can't wait to share what's coming!

Love to Swim began in 2010, inspired by a love for the water and a desire to share its joy. That purpose has remained at the heart of everything we do: helping people of all ages and abilities learn to love swimming—hence the name!

For those who don't know, my own swimming journey began in the early 1970s when my dad taught me to swim. I was later talent-spotted to compete at national and international levels. Teaching swimming felt like a natural progression for me, and it's been a true blessing ever since. Helping people learn or improve their swimming and gain confidence in the water and grow to feel at home there is incredibly rewarding.

We hope this love for swimming continues to shine through our work, connecting our team with each of you.


Thank you for being part of our community—we're excited to dive into 2025 with you!

### 2025 SWIMMER HIGHLIGHTS

- Swimmer of the month award will start January 2025!
- Our teachers will nominate a swimmer each month and the winner will be awarded with a prize !

### REFERRAL SCHEME

- Get 1 free lesson when your friend books a minimum block of 6 swim lessons
- Your friend will receive 15% discount when booking a minimum block of 6 swim lessons.

Your friends will need to contact us and provide your name to gain access to the discount code. So start spreading the Love 

### CLUB NEWS AND UPDATES

We hosted an open day in November for Good Luck Hope and London City Island residents to meet our instructors and for:

- taster sessions for both under 5s and over 5s
- free swim clinic for adults of all abilities



- More classes will be added to meet demands
- Alot more to come.....

### UPCOMING EVENTS



- Christmas fun week with lots of games and prizes
- Christmas Swim Hat design competition and a winner will be announced in January 2025
- We are hosting an open day at New Province Wharf for the residents on the 25th of January
- Free adult drop in sessions at New Province Wharf for residents only. All welcome!



### COMMUNITY

We are working with various locals schools to promote swimming and joined a few Christmas fairs.

- St Lukes Primary School
- Harbinger Primary School
- Rosetta Primary School



**We are launching our new website in January 2025!**

### OUR VALUES

Quality

Commitment

Consistency

Love

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## TOP TIPS FOR STAYING WARM DURING & AFTER LESSONS!

Love to Swim top tips for staying warm during lessons after !

At Love to Swim, we understand the importance of keeping your little swimmers warm and happy after their lessons. As the temperatures drop, here are some simple and effective ways to ensure your child stays cozy:

### 1. Layer Up for Warmth

- **Wetsuits:** A wetsuit is a fantastic choice to keep your child's core temperature steady during swim lessons. It works by trapping a layer of water that warms up with their body heat.
- **Hooded Towels or Robes:** A hooded towel or soft robe is perfect for drying off and keeping warm before they leave the pool.
- **Comfy Pyjamas:** Pack warm, snuggly pyjamas or fleece clothing for your child to change into after their swim—it's like wrapping them in a hug!

### 2. Keep Their Heads warm

- A warm head makes a big difference! Dry and warm your child's hair before stepping outside. Alternatively, pop a cozy hat or beanie on their head to lock in heat.

### 3. Bring a Post-Swim Treat

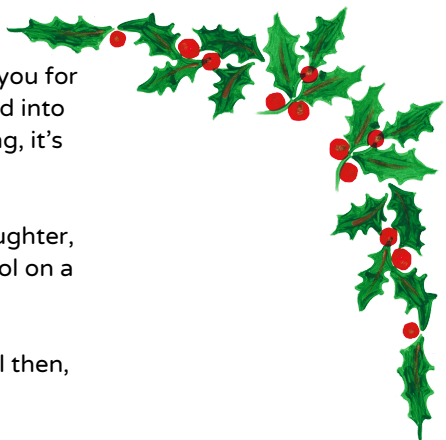
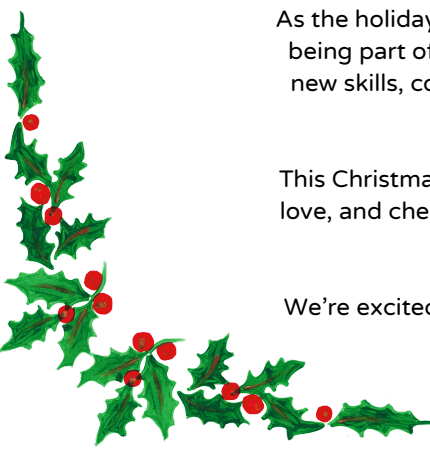
- A thermos of hot chocolate is a simple and sweet way to warm your child from the inside out after a lesson. It's also a great way to celebrate their hard work in the water! But please refrain from drinking in the changing rooms.

### 4. Dress for the Weather

- Make sure your child is bundled up in warm clothes, including a hooded coat, scarf, and gloves, for the journey home.

Packing these cozy essentials into their swim bag makes the post-lesson transition smoother and more comfortable. At Love to Swim, we're all about helping your family learn to Love to Swim, —even after the lesson ends.

Stay warm and see you at the pool!



As the holiday season approaches, we want to take a moment to thank you for being part of our swim school family this year. Whether you've splashed into new skills, conquered the deep end, or just enjoyed the joy of swimming, it's been an honour to be part of your journey.

This Christmas, we wish you and your loved ones a season filled with laughter, love, and cherished moments. May your holidays be as bright as our pool on a sunny day!

We're excited to dive into another fantastic year with you in 2025! Until then, have a safe and joyous festive season

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