

NEWS LETTER

Merry Christmas and Happy New Year!!

Why Learn to Swim?

Learning to swim offers incredible benefits beyond just moving through water:

- **Safety First:** It's a crucial life-saving skill that can prevent accidents.
- **Boost Your Fitness:** A fantastic low-impact, full-body workout benefiting your heart, lungs, and joints.
- **Mental Well-being:** A wonderful stress reliever and a fun way to relax and exercise.
- **Open Doors to Fun:** Confidently enjoy activities like snorkeling, surfing, boating, and pool parties!



☀️ Making Swimming Lessons a Successful Routine

To help your child thrive, remember these tips:

- **Consistency is Key:** Regular attendance helps reinforce skills and ensures quick progress.
- **Positive Reinforcement:** Celebrate every success, no matter how small! Focus on effort rather than perfection.
- **Make it Fun:** Talk about the lessons excitedly, choose a fun swimsuit, and maybe grab a post-swim treat!





CASTLE SWIMMING POOL NEWS

Your local place to learn, splash, and grow!

☀️ Make a Splash in 2026! 🌊

You've read about the safety, the life skills, and the fun—now it's time for the most exciting part: **seeing your child splash and thrive firsthand!**

A trial lesson is the perfect, low-commitment way to introduce your child to the water, meet the instructors, and gauge their comfort level before committing to a full session.



Step 1: Choose Your Class Type

1. Parent & Baby
2. Parent & Toddler
3. Preschool 3- 4yrs
4. Aged 8+ Beginner
5. Teens 11 - 15
Beginner
6. Stages 1 -7
7. Stages 8,9 & 10
8. Competitive
Squad
9. Rookie Lifeguards
10. Artistic Swim



Step 2: Contact our Team!

contact our Reception 01775 725 978 and Book your Spalsh-tastic trial!



Step 3: What to Bring to Your First Lesson

Be prepared to jump in! Here's a quick checklist:

- **Swimsuit:** Comfortable and appropriate swimwear.
- **Goggles:** Essential for seeing underwater and protecting your eyes from chlorine.
- **Towel:** A large, cozy one for wrapping up afterwards.