

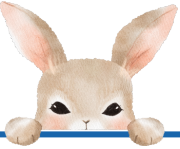
NEWSLETTER



Quarter 1 2025 (January, February, March)

MARCHING INTO SPRING!

We cant believe it! The first 3 months have passed so quick with lots of things have happened. We have glorious weather and its great to know that the dark mornings are slowly fading; lighter evenings are coming and spring is finally on its way!



TEACHER OF THE QUARTER

Our lovely Carolina is Teacher of Quarter!

Reasons why:

Her consistent punctuality and reliability set a high standard. Since joining Love to Swim, Carolina has maintained perfect attendance and has covered lessons when needed. She has shown significant progress and consistently demonstrates a positive attitude toward feedback, actively seeking opportunities for professional development.

It has been a pleasure to witness her growth as a swimming teacher, and we believe she deserves recognition for her outstanding work.



Shout out for our amazing teachers for amazing feedback and teachings:

- Jose Sasha
- Jean Eliza

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

SWIMMER OF THE QUARTER

Our Amazing Dylan is swimmer of the Quarter! because.....

Dylan is always eager to participate and has an incredible improvement throughout his sessions with Emma. He is a great listener and is always eagerly attempting any new skill that is taught.

Well Done Dylan



SWIM CAP DESIGN WINNER

The winner of the swim cap competition is our lovely Violet. Well done for being creative !



RED NOSE DAY

Our teachers and swimmers had loads of fun taking part in Red Nose Day!

Thank you for your generous donations Because of all of you and your generosity, we have raised £163



20% DISCOUNT!

Fremantle Bar and Grill at the Crowne Plaza now offer 20% discount off food and drink for all Love To Swim pupils and families

Simply collect your voucher from the Quad Club reception in advance

EASTER SHORT COURSES

With Easer coming up, we will be running our awesome 'Easter holiday shorts' for children and Adults.

Dates:

- 8th of April till the 11th of April
- 14th of April toll the 17th of April.



For more information and booking, please visit our portal.

COMMUNITY

Watch this space:

- 1- Our Volunteer pathway!
- 2- Drowning prevention week in June



OUR VALUES

Quality

Commitment

Consistency

Love

NEWSLETTER

Quarter 1 2025 (January, February, March)

OUR STAGE 6 CLASS AT THE ALOFT HOTEL



It's amazing to see how swimming not only teaches an essential life skill but also creates bonds and friendships along the way.

Our incredible Jose has truly inspired our stage 6 swimmers, helping them grow their love to swimming with his passion and dedication. Seeing their confidence in the water is what its all about!



INTERNATIONAL WOMENS DAY!

International Women's Day 2025 is a global celebration of women's achievements, resilience, and progress towards equality. It's a time to reflect on how we can continue breaking down barriers and creating opportunities for women everywhere. One of the most overlooked but essential skills for confidence and independence is learning to swim—especially for adult women who never had the chance to learn as children.



Why Learning to Swim as a Woman Matters

Many women grow up without access to swimming lessons, leaving them feeling anxious or hesitant around water. Whether it's due to cultural reasons, lack of opportunity, or past fears, the ability to swim is often seen as something learned in childhood. However, learning to swim as an adult is not only possible—it's empowering.

Swimming is a life-saving skill, offering safety in and around water, whether you're enjoying a holiday, looking after children at the pool, or simply wanting to feel more confident near open water. In East London, where waterways like the Royal Docks are a central feature, knowing how to swim is more than just a recreational activity—it's a necessity.

Love to Swim offers a safe and supportive space to learn at your own pace. Here's why our tailored lessons are perfect for women looking to gain confidence in the water:

Overcome Fear and Build Confidence: Many women feel apprehensive about stepping into the water. Our patient instructors focus on gentle, progressive lessons designed to help you gain confidence and enjoy the learning process.

Improve Physical and Mental Well-being: Swimming is a low-impact exercise that strengthens muscles, improves cardiovascular health, and reduces stress—perfect for busy women balancing careers, families, and personal goals.

Learn Water Safety for Yourself and Your Loved Ones: Being able to swim means you can keep yourself and your family safe. If you're a mother, ensuring your children learn to swim is vital, and leading by example can make a huge difference.

Join a Supportive Community: Our swimming school fosters an inclusive, welcoming environment where women can learn alongside others with similar experiences and goals.

Breaking Barriers and Creating New Opportunities

For many women, learning to swim is about more than just mastering a skill—it's about breaking barriers and proving that it's never too late to learn to Love to Swim. As we celebrate International Women's Day 2025, let's remember that empowerment comes in many forms, including the ability to take control of our own safety, health, and confidence in the water.



OUR VALUES

- Quality
- Commitment
- Consistency
- Love