

# Learn to Swim Newsletter

## Welcome to the New Year Learn to Swim Newsletter!

Hello and welcome to our New Year 2026 edition of the Learn to Swim newsletter!

As we dive into a brand-new year, it's the perfect time to set fresh goals, build confidence in the water, and celebrate the fantastic progress our swimmers continue to make.

Inside, you'll find important updates, helpful tips, and everything you need to know about what's happening at Littlehampton Wave and Arun Leisure Centre as we kick off 2026.



### Update Your Swimming Details

You can view your child's progress in their swimming lessons through our HomePortal.

We're currently upgrading this system, and to make sure you can access the new version, we need you to update your details.

Please take a moment to complete the short form by scanning the QR code below.

It only takes a few minutes and helps us keep your child's information up to date.



### Learn to Swim Discovery Day at Littlehampton Wave

**Saturday 28th February 11am - 4pm**

Come along to our Learn to Swim Discovery Day on Saturday 28th February 2026. Meet our friendly swim teachers, explore the pool and enjoy a taster swim session designed to build confidence and skills in the water for all ages.

#### Discover our Learn to Swim programme

- ✓ Try our swimming lessons for FREE with a taster session
- ✓ Meet our Aquatics Manager
- ✓ Discover the range of lessons we have to offer
- ✓ Learn about the different stages in our programme
- ✓ Goody bags, competitions and prizes



### Refer a Friend

As we all know, sharing is caring! Did you know that if you refer a friend to join our swim school here at Littlehampton Wave, if your friend joins, you will be entitled to one month of lessons for half price! This is an unlimited offer, so the more friends you refer, the more half price months you get! Please make sure that your friend mentions your name when booking to ensure you receive the correct discount.



### Swim England My Learn to Swim App:

This free app is a brilliant way of digitally storing your child's swimming certificates and badges. Every time they receive a certificate, you can scan it in the app to store it, and at the same time unlock new characters to take pictures with. There are also some fantastic videos that show what your child will learn in each stage. You can download the app on Apple or Android smartphones here: <https://www.swimming.org/learntoswim/my-learn-to-swim-app/>



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## Reminders

### No Access to Poolside

For health and safety, and to keep the poolside area clean and calm, we kindly remind all parents and guardians not to enter poolside before, during or after lessons. Thank you to everyone who already follows this guidance. Your support helps keep lessons running smoothly and safely.

### Child Supervision

Whilst children are in swimming lessons we ask parents to not leave the building and be present around poolside in case we need you.

### Updates and Progress

Whilst we know you are keen to find out how your children are getting on in the lessons and knowing how soon until the move up to the next stage, please do not talk to the teachers between lessons. If you are wanting to get an update on your child's lessons, please speak to a member of the swim team in the office.

### Changing Rooms

For the comfort of all members, please take your belongings with you when leaving the changing rooms during swimming lessons. Leaving items behind can cause disruption in busy periods.

### The Importance of Wearing Swim Hats

Just like judo belts, hat colours show what stage your child is at in lessons. Working towards the next hat is a great motivator and we'll be celebrating every achievement! Different hat colours also help lifeguards and teachers keep children safe by making it easy to see who's in the right section of the pool.

Plus, hats help keep hair out of faces and pool water clean! Win-win!



## Tops tips for your lessons

### Helping Your Swimming Teacher

Learning to swim is a life changing experience, it opens up an opportunity to take part in numerous leisure activities, it allows you to move safely around water, and increases self-confidence. Thank you for taking the positive decision to enrol your child in swimming lessons, we are sure that you will have hours of fun with your child in and around water, experiencing the many health benefits that are associated with it.

### Going To The Toilet

Please make sure they go before the teaching starts, as it would be a shame to waste the pupil's time and your money. Take full advantage of each session.

### Children Develop at Different Stages

Children develop at different rates, depending on their age, past experience, parent influence, and opportunities, they move between groups at different speeds. Try not to feel anxious or despondent if your child does not keep pace with others in their class. In the early stages of learning, developing 'water confidence' is important and time spent feeling happy in the water will be of more benefit than learning strokes. Talk to your child's teacher if you have any concerns about your child's progress.

### What Can I Do To Help

A bit like learning to drive, it will take a long time to improve with just one session a week. Happy swim times with the family, building confidence and practicing things that have been introduced by the teacher will greatly help. Better still, ask your learners' teacher what you could work on. If you can't visit the pool between teaching sessions, there are things you can do at home. For example 'pointing' and 'unpointing' toes, or washing your learners' hair with their head forward rather than backwards to get used to water running across their face.

A few minutes each day will make a real difference, remember back to when you learnt a new activity!

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## Free Casual Swimming

Every swim school member is entitled to unlimited free swimming in open swim times. We'd love to see as many of you as possible enjoying the pool in between lessons. Swimming is a fantastic activity for the whole family and one that can be enjoyed all year round, so why not come and join us through the winter months for a swim. You can even grab a lovely Costa Coffee from our café afterwards!



## Little Splashers

Get ready for giggles, splashes and wiggly water fun! Little Splashers is a relaxed water play session at Littlehampton Wave where babies and young children can paddle, pour, kick, and explore the water freely. Little ones can build confidence, play with water toys and enjoy a happy, splashy adventure at their own pace. Perfect for making smiles, memories and a love of the water!



## Wave Rave

Dive into the ultimate pool party! Wave Rave is a high-energy water disco for older kids, packed with colourful lights, upbeat music, and non-stop splashy fun. Swim, dance and ride the waves with friends. Perfect for big smiles, cool moves and unforgettable poolside vibes!

Saturday 14<sup>th</sup> Feb 7pm - 8:30pm at Littlehampton Wave.



## Limited Stage One spaces at Arun Leisure Centre

Give your child a great start in the water with our fun, supportive Stage 1 lessons designed to build confidence and essential swimming skills.

Spaces are limited and fill quickly, so book your place today to avoid disappointment. Swimming isn't just great exercise, it's a vital life skill!

Secure your child's spot now and start their swimming journey with us.

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## DATES FOR YOUR DIARY

### Bank Holidays

Our lessons will now be running on bank holidays.

### October Half Term

Week commencing 16<sup>th</sup> February

There will be no adult and child lessons during this week.

### Wave Rave

14<sup>th</sup> February

Wave Rave at Littlehampton Wave. Book your tickets online!

### Badge Week

16<sup>th</sup> March

Mark your calendars and check which badges you have achieved.

### Christmas Break

All of our lessons pause from Saturday 20<sup>th</sup> December 2025 for 2 weeks for our Christmas break. The lessons will restart on Monday 5<sup>th</sup> January 2026.



## BADGE WEEK

### STARTS 16TH MARCH

Please check what badges you have received ahead of badge week so you don't end up with double.

WAVE



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ARUN

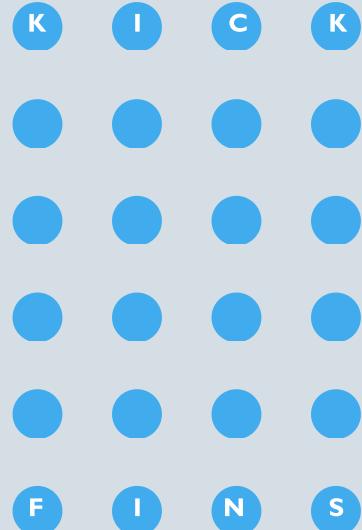


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## STROKE OF GENIUS

BINGO				
Blow bubbles	Swim butterfly	Swim 100m	Dive in	Swim under water
Swim with face in water	Jump In	Swim 25m	Wear a swim hat	Tread water
Kick on back	Swim 400m	<b>FREE!</b>	Splash the water	Smile
Star floats	Pencil jump	Push & glide	Float on back	Long kicking legs
Sprint 25m	Scull 25m	Look for fish	No running	Enter safely

## WORD LADDER



## Finish the Word

Fill in the missing letters:

S T R \_ \_ M L I N E

B A C K S T R \_ \_ E

S A F \_ T Y

