

FUNdamental SWIMMING

Newsletter
May 2026

Dear FUNdamental Parents and Swimmers

What happened to Autumn? Feels like we jumped from a wonderful long summer straight into the depths of winter! And with that we were thrown head-first into dealing with the inconvenient challenges of winter; stormy days and unfortunately, a cold pool for a few days in Claremont.

Make Up Sessions and Make Up Policy

From time to time it may happen that the pool temps drop a few degrees. This is completely unavoidable and is part of the reality of running a heated pool year-round. Luckily this has not happened in a very long time and we have enjoyed the continuity lately.

However, sometimes there are short term issues, in which case we do not cancel, but rather we adapt. We adapt by offering FUN, creative and structured strength and land-based programmes which relate to each specific stroke and swimming skills in general. Many of our swimmers comment that these are actually their favourite types of sessions!



During the recent May storms, the WCED cancelled schools and in this case we were obliged to cancel for safety reasons. As such we will be offering some make up options during this term as well as in the upcoming holidays. Please contact us if you would like to try fit in a make up this term, alternatively we will be announcing some options at the beginning and end of the June/July holidays.



*The recent disruptions to our operations in Claremont reminded me of several chapters in Jonathan Haidt's book "The Anxious Generation". If you have not yet read this book, I highly recommend it as a reference for the **benefits of learning to cope with inconvenient experiences** and the **value of our children growing from them**.*

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Technical Programme: Speed Weeks

We are moving into the second half of our term where we start to time swimmers for 25m and in some cases 50m and 100m. We are experimenting a few positive changes for the much younger and much older swimmers so that our programmes can always remain relevant for the children with whom we are working. As mentioned earlier, we need to adapt and continue to ask ourselves how we can best serve the children swimming with us.

*Remember to download and print a **Record of Progress** available if you [click here](#).*

Technical Programme: Termly Schedule

Each term you can visit our website to download the **Termly Teaching Plan** for each venue if you [click here](#). We suggest printing a copy and sticking it on your fridge or somewhere accessible to keep track of the programme. This way you can ask specific questions to your child as well as double check dates etc.

Fitness Programme: Now is your chance to get fit **BEFORE** summer!

Just a reminder that we offer **FITNESS SESSIONS** for Adults and older/stronger swimmers at both venues. At the Quadrant you can choose from several options in the mornings and at St Cyprian's we have morning *and* afternoon sessions. These sessions are 60 minutes long and we focus more on getting the heart rate up and the mileage in. Sessions range from 1.5-3km (depending), plus... you can always go at your own pace! You can find session options if you [click here](#).



Speed Weeks are just **one way** we measure progress and being timed for events is not compulsory. We do encourage anxious swimmers just to *try* and see what happens, so that they too have an opportunity to push through discomfort and see what they are capable of. However, if we have very distraught swimmers we do not force the issue, but we note that it's something to work on gently, over time.

Technical Programme: Feedback

Our lovely Coach Claire works tirelessly writing constructive feedback on our swimmers. We have been working on how to ensure each swimmer gets some form of feedback a few times per year, but if you require anything specific over and above this feedback, please just let us know and we will happily oblige.

Until next time....stay dry!