



SWIM TANGAROA NEWSLETTER



July 2026

Welcome to July!

It's been fantastic to see so many of our swimmers making great progress this term. We've celebrated lots of certificates, awards, and level move-ups, and we're incredibly proud of the hard work and determination our swimmers bring to lessons each week.

A big part of this success comes from our 48-week swim programme. Consistent attendance and regular lessons help swimmers build confidence, develop strong swimming skills, and continue progressing through the levels. The achievements we're seeing are a great reminder that regular practice really does make a difference. Don't forget to ring the Achievement Bell when you achieve a new milestone or move up a level – we love celebrating your success with you and your whānau!

Behind the scenes, our Swim Tangaroa team has also been busy developing our skills. This term, our teachers are completing World Wide Swim School training modules, taking part in the Teacher of Competitive Swimming (TCSC) course, and attending regular team workshops to strengthen our teaching, water safety knowledge, and lesson delivery.

Ngā mihi to all our swimmers and whānau for being part of the Swim Tangaroa community. We look forward to celebrating many more achievements with you throughout the rest of the term.



Keep up the awesome work!



OUR 48-WEEK PROGRAMME REMINDER

Swim Tangaroa lessons continue through the school holidays as part of our 48-week annual programme. If you're planning to be away, please use Self Suspension in the Active World App before your lesson date.

How to Self Suspend:

Active World App → Manage My Account → Self Suspension → Select Dates

Please remember:

Suspensions must be completed before the missed lesson

- A \$5.00 weekly suspension fee applies.
- Our programme operates for 48 weeks per year.
- Members may suspend their enrolment for up to 6 weeks per calendar year.
- Suspension requests are subject to the weekly suspension fee and must be arranged in advance.

Thank you for helping us keep lessons running smoothly

Waterways Programme

Our Waterways Programme has been in full swing this term, helping swimmers build water safety skills and confidence in and around the water.

Over recent weeks, swimmers have taken part in Reach and Rescue activities, Lifejacket Water Safety sessions, and Safe Entries and Exits, learning practical skills that can help keep them safe in a variety of aquatic environments.

These lessons complement our regular swimming programme and provide valuable experience for staying safe around pools, rivers, lakes, and beaches. It has been wonderful to see swimmers actively participating, developing new skills, and growing in confidence throughout the programme.



**SWIM TANGAROA 48-WEEK PROGRAM
2026 ENDS SUNDAY 20 DECEMBER**

TRUST HOUSE
RECREATION CENTRE



World Drowning Prevention Day – 25 July

At Swim Tangaroa, we're proud to play our part in helping prevent drowning through swim education, water safety, and building confidence in and around the water.

Every week, our team teaches children and adults essential swimming and survival skills that can help keep them safer in aquatic environments. From first water experiences through to advanced swimming levels, we focus on developing skills for life.

Our contribution to drowning prevention includes:

Teaching swimming and water safety skills to all ages

Building confidence and capability in the water

Developing important survival skills such as floating and safe movement through water

Supporting schools, families, and our wider community through aquatic education

Encouraging lifelong participation in safe water activities

Every lesson is more than learning to swim—it's about helping our community gain the skills and confidence to enjoy the water safely.

Anyone can drown. No one should. Together, we can help build a safer, more water-confident community.

Provide your feedback on BizChat



**SWIM TANGAROA 48-WEEK PROGRAM
2026 ENDS SUNDAY 20 DECEMBER**

