



MONTHLY

SPLASH & WELLNESS

NEWSLETTER

Swim school and health
updates for every age

NATAVI • Making Waves Monthly

NATAVI Swim School + Health & Wellness Newsletter

Edition: October 2026 • For kids, parents, adults, and seniors

Welcome to this month's community update! Whether you're cheering on a first-time floater, training for stronger fitness, or enjoying gentle movement in the water, we're glad you're here.

This edition is all about confidence: safe skills for kids, smart routines for families, energizing options for adults, and supportive aquatic care for older swimmers.

Announcements & Upcoming Events

Announcements

- Schedule reminder — Please arrive 10 minutes early for check-in, a quick warm-up, and restroom breaks (it helps classes start on time).
- Please welcome Brenden to our team! Brenden is our new evening/weekend assistant manager. He is available for questions, concerns or anything else you may need.
- Milestones — Congrats to recent level-up swimmers!

Upcoming Events

Event	Date	Time	One-line note
OCTOBER SWIM LESSON SPECIAL (must sign up in October for November start)	OCTOBER 1-31		Sign up for a 6 month contract and get 1st month free Sign up for 12 month contract and get 1st two months free

Featured: Swim Lessons That Build Confidence (and Smiles)

Kids learn best when they feel safe, supported, and celebrated. Our lesson paths are designed to meet swimmers where they are — whether that’s “I’m not sure about the water yet” or “I’m ready for strokes and endurance.”

Parents and caregivers: your encouragement matters more than perfect technique.

Coach’s Tip (for all ages): Aim for “small wins” each week — one new skill, one brave moment, one improved habit. Progress is a stack of tiny victories.

☐ Ask your instructor about the best next step for your swimmer (move-up criteria + practice ideas).

Safety Spotlight: Layers of Protection Around Water

Water safety is for everyone — toddlers, teens, parents, strong swimmers, and seniors alike. The best safety plan uses layers, so if one layer fails, another is there to help.

- **Active supervision** — An adult “Water Watcher” stays within arm’s reach for little ones and avoids phone scrolling (swap every 15 minutes if needed).
- **Barriers** — Keep gates latched, doors locked, and pool areas clear of climbable items.
- **Life jackets** — Use U.S. Coast Guard–approved life jackets for open water and boating (floaties are toys, not safety gear).
- **Swim skills** — Lessons + practice build real confidence. Even strong swimmers benefit from refreshers.
- **Emergency readiness** — Learn CPR, keep a phone nearby, and know the address/location details wherever you swim.

Family Challenge: Practice a “safe exit” drill at home. Ask kids to show: stop, turn, reach for the wall/edge, and climb out safely. Make it fun — then make it routine.

Wellness Corner: Little Habits, Big Energy

Wellness doesn’t have to be complicated. Pick one small habit this month and do it consistently — your future self will feel the difference.

- **Before swim or fitness** — Drink water and do 2 minutes of shoulder circles + gentle neck turns.
- **After** — Warm shower, quick stretch, and a protein + fruit snack within an hour if you can.
- **For kids** — Pack a “pool bag buddy” checklist: towel, goggles, dry socks, water bottle, and a warm layer.

Adults: Fitness That Fits Real Life

Whether you want strength, endurance, or stress relief, we’ve got options that respect your schedule and your joints. Swimming and water-based workouts are especially helpful if you’re returning to exercise or managing aches and pains.

Try this	Who it's great for
Adult Learn-to-Swim	Adults who missed lessons as kids, feel anxious in deep water, or want a confident, step-by-step approach.
Lap Lane Coaching	Swimmers who want better breathing, improved stroke efficiency, or a structured plan without guesswork.
Aquatic Fitness	Anyone who wants cardio + strength with lower impact on joints (also great cross-training for runners).

Seniors: Gentle Aquatic Care & Confidence in the Water

Water supports your body weight, making movement feel lighter and often more comfortable. Our senior-friendly aquatic options focus on balance, mobility, confidence, and calm pacing — without pressure to “keep up.”

- Joint-friendly movement — Smooth, controlled exercises that support hips, knees, shoulders, and back comfort.
- Balance & stability — Water resistance helps strengthen stabilizing muscles and can support steadier movement on land.
- Breath and relaxation — Gentle pacing helps reduce tension and supports better breathing habits.

Friendly reminder: If you have a medical condition, recent surgery, or new symptoms, check with your healthcare provider before starting a new routine — and let our team know how we can support you.

Quick Links & Roundup

Short on time? Here are the highlights you can act on this week.

Item	For	One-line note
Lesson Make-Up Plan	Families	If you'll miss a class, let us know early so we can help you book the best available make-up option.
Goggle Fit Check	Kids	Press goggles gently to the eyes — if they “stick” briefly without straps, you’ve got a good seal.
Beginner Lap Lane Etiquette	Adults	Start slow, keep right when sharing, and ask staff to help you choose a lane that matches your pace.
Warm Pool Hours	Seniors	Ask at the front desk for the quietest times — many members prefer calmer lanes and lower noise levels.
Community Welcome	All	New here? NATAVI loves helping you find your best-fit class — share your goals and we’ll guide you.

- ☐ Pick one goal for the month (confidence, endurance, safety skills, mobility) and tell your coach or instructor.
- ☐ Bring a friend or family member to try an intro session — community is healthier together.

Closing Note

Thank you for being part of our swim-and-wellness community. Every lesson, every lap, and every gentle stretch is a step toward confidence and health — no matter your age or starting point.

See you on deck,

Your NATAVI Swim School & Wellness Team