

Dear Sports Schooling family,

As we kick off the new year, we're excited to continue our mission of bringing out the best in every swimmer. Our focus for this year is on engagement, experience, and growth — creating opportunities for every child and family to enjoy, learn, and excel in the water.

We're excited to share that a brand-new heated learner pool will be opening at The Sports Arina, Jalan Kayu, in April 2026. This new space will allow us to welcome more families, support our youngest swimmers from as young as 2 years old, and create even more meaningful learning experiences in a safe, warm, and purpose-built environment.



From fun, skill-building swim programmes to competitive meets and family-focused activities, our goal is to inspire confidence, nurture talent, and foster a love of movement in every swimmer, no matter their age or ability.

This year is extra special as we celebrate Sports Schooling's 10th anniversary — a milestone made possible by our amazing swimmers, families, and community.

Together, we will continue to make each lesson, event, and programme a meaningful and memorable experience, both in and out of the water.

Upcoming Events & Programmes

X Lab Holiday Swim Training Camp

Intensive swim training camp for X Lab swimmers to sharpen technique and endurance

X Lab Short Course Sanctioned Meet

Saturday, 15 August 2026

Competitive meet for X Lab swimmers, designed to build performance, race experience, and motivation

Splash for a Cause – Charity Swim 2026

Swim with purpose — every lap makes a difference!

Atomic Splash 2026 – Annual Swim Carnival

Saturday, 12 September 2026

Open to swimmers from Swim Lab and X Lab, plus parent-child relay teams.

Super Swim Camps for Beginner & Intermediate Swimmers

March, June, September and December school holidays

Centre for Movement – MOVE Family Membership

Our programme calendar is packed with activities for families to move, enjoy, bond, and get fit together

We've been ramping up our email announcements, so please check your inbox regularly to stay updated on all the exciting happenings!

Let's make this year memorable — full of learning, fun, community spirit, and personal bests in and out of the water.

Warm regards,
Chow Keat Yeng
General Manager, Sports Schooling

JUST FOR THE LITTLE ONE: BUILDING CONFIDENCE THROUGH PLAY

By Thesiga, Programme head of *Just for the Little Ones* Programme

December's Just for the Little Ones sessions brought plenty of splashes, smiles, and first-time water discoveries for our youngest water explorers.

Designed especially for children aged 2-4, the programme introduced the pool through playful themes such as teddy bears, weather wonders, and fruity fun - combining songs, sensory play, and gentle guided movement in a safe and welcoming environment.

A key feature of every session was parent-child circle time in the water.

With mummy or daddy right beside them, children felt secure to explore, participate, and enjoy the experience together. These shared moments help build trust, strengthen connection, and support children as they grow comfortable in a new setting.

Just for the Little Ones is thoughtfully designed as a pressure-free first step into the water. Whether it's dipping toes, splashing hands, or slowly getting used to water on the face, each child is encouraged to move at their own pace - celebrating small wins and joyful exploration along the way.

Through play, movement, and sensory discovery, children build confidence, coordination, and a positive relationship with the water which sets a strong foundation for future swim learning.

We're excited to bring Just for the Little Ones back with four more instalments this year and look forward to welcoming more little ones to experience this meaningful and fun water sensory programme - growing confident, curious, and comfortable in the water, one splash at a time.



Check out our [Centre for Movement website](#) for upcoming sessions.

RIDING ON MOMENTUM: JUNIOR SWIM CLINICS RETURN

BY JARED BUTLER, HEAD COACH OF X LAB



The response to our **Junior Swim Clinics** has been incredibly encouraging. Seeing our young swimmers show up eager to learn, push themselves, and apply new skills in the water has reaffirmed the importance of these focused training opportunities.

Riding on this momentum and growing demand, we're excited to share that Junior Swim Clinics will be returning in the new year — bigger, sharper, and more targeted.

The objective of these clinics is clear: to better prepare swimmers for upcoming races by sharpening their techniques, race strategies, and overall race awareness. Beyond just swimming faster, we focus on helping swimmers understand how and why they race the way they do — from starts and turns to pacing and finishes.

Building on this success, we're also introducing **High Performance Swim Clinics**, designed for swimmers who are ready to take the next step. These clinics will be aimed at:

- Swimmers preparing for competitive meets
- Those transitioning from skills-based training to performance-focused swimming
- Athletes looking to refine race execution, efficiency, and mental readiness

The reason for introducing these high-performance clinics is simple — as swimmers progress, their training needs change. They require greater detail, structure, and race-specific preparation, and these clinics are designed to meet that need in a focused, supportive environment.

We're excited to continue supporting our swimmers' development and look forward to helping them step onto the blocks feeling prepared, confident, and race-ready.

Check out our X Lab website for upcoming sessions.