

Renaissance Swimmer Club Zoom Events – 2026 Draft Programme

Programme is subject to change based on feedback and requests from members, plus potential for guest speakers etc. Provisional dates are the 3rd Thursday of each month, 6 to 7:30pm UK time.

18 December 2025 – Early joiners get-to-know-you call. Start thinking about what you want to explore in swimming in 2026 and what you want to get out of it,

22 January 2026 – The open-minded approach to swimming. How to access more of swimming's benefits, and improve one aspect of your swimming by working on another. Understanding where you are now and where you want to be.

19 February 2026 – Get faster at front crawl by practising backstroke, breaststroke or even butterfly. Why it works and how to do it. Plus, a systematic way to understand how to improve your front crawl, whether you want to sprint in the pool or cover long distances outside.

19 March 2026 – How to become a sleeker more powerful swimmer by practicing pool racing skills (even if you have no intention of racing). How to feel and enjoy the sensation of raw speed.

16 April 2026 – Exploring open water for experience, adventure and challenge. How to become competent, confident and, if desired, able to swim further and faster.

21 May 2026 – Open water racing skills, strategies and tactics. How to make the most of any open water events you do this summer.

18 June 2026 – Long distance swimming, why pacing is so important, and how to master it.

16 July 2026 – Possible summer break or guest speaker

20 August 2026 – Possible summer break or guest speaker

17 September 2026 – How to practise and train. Developing a plan for long-term progress and continued enjoyment of swimming.

22 October 2026 – Preparing for winter. Combining pool training with cold water swimming. What are the benefits of doing both and how to make the most of each environment.

19 November 2026 – Take control of your swimming journey. Understanding swimming – modern rules, place in society, historical context.

17 December 2026 – Close out the swimming year in style. The art of reflection. Looking back to look forward.