

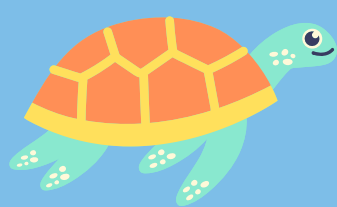
## 5 Benefits of Swim Lessons

We often think swim lessons are just for little kids to keep them safe while in the water. While that is the primary reason we give lessons, there are so many other reasons for them! Here are 5 benefits of getting lessons and swimming this summer:



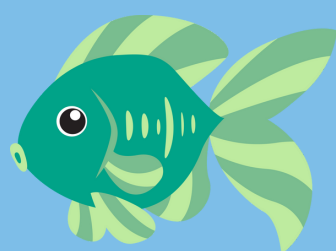
### Survival Skills

Whether 5 or 50, knowing how to swim efficiently can be vital to surviving. When swimming in a pool, lake, ocean, or any other body of water, knowing how to tread water and float will help them maintain calm and stay safe. According to the National Safe Kids Campaign, drowning is the second leading cause of unintentional injury-related death to children ages one through 14, so early swim training is vital.



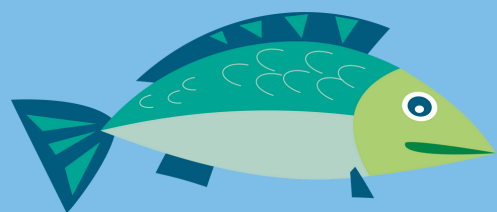
### Brain Booster

Swimming is great for cardiovascular health, which in return helps improve brain function. Keeping kids active is a great way to ensure that they are doing well in school, sleeping well, and having overall better performance in their day-to-day lives. Swimming is a great summer activity for kids while school is out because it pushes them to stay healthy and work on new skills in a fun way.



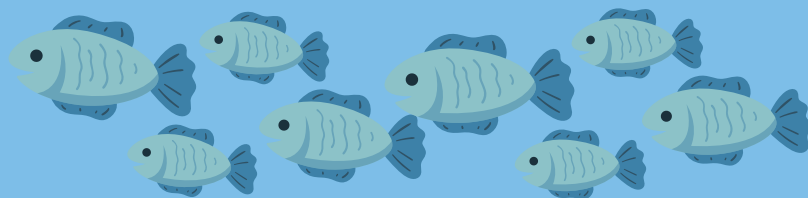
### Visual-Motor Skills

Because swimming helps so much with brain function, young kids that swim regularly tend to have faster developing visual-motor skills. These include reading and writing skills. Starting your kids in lessons at 2 or 3 years old will not only allow you to be more confident in their safety, but also help you see improvements outside of the water!



### Emotional Well Being

Swimming, as well as most forms of physical exercise, can help lower anxiety and depression. Being active can boost serotonin levels, leading people to feel overall happier and in a better mood.



### Social Skills

Swimming is often a great way to meet people! Whether just hanging out at the local pool or going to a facility, people tend to gather to swim in groups. Seeing and meeting people can be a great way to form new bonds and find accountability to keep you going regularly.

