



## When does a Child Stop Taking Swimming Lessons? NEVER!

Swimming is more than just a survival skill; it is a sport, an aerobic activity, a summer job and more. . . Perhaps one day it may be the only exercise an older or injured swimmer-athlete, may be able to perform.

### A few questions to ponder. . . .

- ✦ If my child falls into the water, can he/she come up, take a breath and get to safety (closest wall, step or ladder)?
- ✦ If my child is invited to a swimming party or neighbor's home, how will I feel about their safety?
- ✦ How will the my child do going down a slide or swimming in a wave pool at the water park/community pool?
- ✦ Who will be watching my child when I am not there?
- ✦ Will my child know what to do if he/she becomes a tired swimmer?
- ✦ Does my child really know the pool rules, understand them and more importantly, follow them?
- ✦ Is my child dependent on goggles, water wings, or swimming with flotation devises?  
What will happen if he/she doesn't have or the devices broke or came off in the water?  
Would they know what to do without panicking?
- ✦ Does my child know and can perform the advanced level strokes?

Safety is always **AQUA~FIT'S #1 Rule!** Be it, in, on or around the water.

**No matter what level your swimmer is: No One Swims Alone.**

### Here is what Swimming does for all Swimmers:

- ✦ Builds confidence and self-esteem
- ✦ Better concentration in school and in team sports
- ✦ Increase balance, coordination and all around fitness levels
- ✦ Relaxes, Releases Stress and increases Self Awareness
- ✦ Increases muscle strength, cardio endurance and fitness levels
- ✦ Weight Loss & Management
- ✦ Injury Rehabilitation
- ✦ Structure and Self Management
- ✦ Summer Job: Lifeguard, Learn to Swim, Water Aerobic Instructor, Aquatic Coordinator, etc.

