

News For

SWIM PARENTS

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Should I do winter swimming?

- 1) Swimming skills taught in lessons need constant reinforcement throughout the year
- 2) The risks posed by drowning don't go away in winter, so neither should the lessons
- 3) Children under 5 years are just developing long-term skill retention and muscle memory and so a break in lessons will result in loss of skills
- 4) Even when parents can't see substantial progress every week, the child is at least maintaining the current ability level, and that is progress in itself. Don't let all the time and money spent on lessons go to waste, keep up their skills.
- 5) In our society of increasingly sedentary lifestyles, it is important for children to be involved in physical activities that establish a routine of fitness.
- 6) Swimming offers one of the best activities for good health with minimal risk of sport related injury.
- 7) Continued enhancement and stimulation of an infants general development including academic performance, language, maths, fine and gross motor skills, confidence and coordination. Getting a good start can make a big difference later on.
- 8) Swimming lessons offer a unique combination of social and physical interactions with the teacher, their classmates and the aquatic environment.
- 9) Ultimately, the learning experience should be an enjoyable one. If children have a great time at the pool they will continue learning in their lessons because they are so much fun!
- 10) At DMSS our pool is maintained at constant temperatures throughout the year, so even when it is cooler outside, it can still be a comfortable, year-round, summer experience in the water. With a little extra attention, such as keeping children warm and drying & changing them immediately after, swimming will stay comfortable and beneficial all