

## **Get Ready for Summer Swim Lessons NOW!**

My Father threw me into the pool, and insisted I jump off the high diving board as a child. This was his way of making sure I got in the water. We went to the pool almost every night in the summer to play and swim. Winter came and there were other activities, but as soon as the pool opened again in the summer, fear over took me and we started all over again. This is a familiar scenario heard by many of our swim teachers. I was one of the lucky ones. By 8 years old I wanted to join the swim team at our local community pool.

Many parents make the mistake of waiting until summer has arrived before starting swim lessons while in fact now is the best time to start, if you haven't already. Learning to swim is a process that takes time and patience. Starting as early as possible in the year gives your child that head-start to ensure that by the time summer comes, they are ready for the water and the fun and pleasure that it provides. Indeed a good, gentle, year-round swim program will give children a lifetime of fun, not fear!

A good year round swim program teaches and reinforces children to roll onto their backs so they can keep their head above water, breathe, and call for help if necessary. It follows up with stroke development and other activities and building endurance with a program promoting fun and fitness in the water.

Perhaps the most puzzling statement heard is "we took lessons all summer so we don't need them any more." If we taught our children to read and prevented them from reading during summer vacation, would we expect their skills to be as sharp as they were 3 months earlier? If we taught them to skate at a young age and suspended lessons, I think we would find them sitting on the ice more than skating round and round? Then why do we take summer swimming lessons, and then nothing from October to March, are we surprised when the skill has not been retained?

Indoor swim lessons give your little one the chance to maintain the skills they learned in the summer months. Don't let all that hard work go to waste. Swimming is a fun activity which develops confidence, helps keep kids physically fit and is loads of fun.

For your child's sake don't wait - enroll them into lessons now and get them ready for summer!