

*Continual learning is extremely beneficial for your child and will keep your swimmers progress on track.*

*Develop a skill that will last a lifetime – Almost all ages and ability levels can use the water for recreation, exercise and sport.*

*Improve Safety – Keep up important experience and skills, the risks don't go away during cooler times of the year.*

*Maintain Skills – Skills need re-enforcement, or they can regress, especially with children under 5 years.*

*Physical Fitness - Establish a routine of fitness, swimming offers healthy benefits with minimal risk of sport related injury.*

*Swimming keeps the immune system in shape and exercise invigorates the entire body.*

*Ongoing stimulation and developmental benefit*

*It's Fun! - Continue the enjoyment.*