

A Few reasons why it is important for your child to learn to swim (from Swimming World Magazine)

The benefits of swimming are endless, and your child should learn to swim as early as possible. Here's why:

It's essential to their safety.

According to the National Safe Kids Campaign, drowning is the second leading cause of unintentional injury-related death to children ages one through 14. It is absolutely crucial that all kids know how to swim at a young age. There is water all around us, even if it's as small as a bathtub. Making sure that your child is comfortable in and around water is essential to their safety.

I've been swimming since I was three years old, and almost all of my teammates began just as early. Even if your child isn't interested in competitive swimming, ensuring your child knows how to swim should be done as early as possible. Their interest in the actual sport is just an added benefit!

The value of teamwork is learned along with individuality.

Like any sport, the team atmosphere is the greatest aspect. College athletes admit that post-graduation, they miss their team and the hours spent together while training and traveling. In an article I previously wrote, I stated the significance of using your teammates to help you get through the hardest times, because your friends on the team endure the same hard work that you do every day. From this shared experience, swimmers learn to support their teammates, which creates a positive atmosphere. This is a skill that can be carried through life into the workplace and beyond.

But teamwork is learned in plenty of sports, why is swimming special? The great thing about swimming is that there is also an individual aspect to it. In competitive swimming, you learn self-motivation and goal setting/reaching. Swimmers have their own personal set of times for their events.

At each meet, competitive swimmers try to beat their personal best times, while at the same time swimming for their team as a whole. In high school and college swimming, the primary motivation is to earn points for your team so they can win the meet. I always swam on a club team in high school instead swimming for my school. So when I reached college swimming, I realized the gravity of teamwork and support, and I was able to push myself to a new level. Swimming packages teamwork and individuality into one sport.

You can swim for the rest of your life.

If your child knows how to swim at a young age, this skill is forever with them. In their later years, their longevity and quality of life will be enhanced by swimming. The CDC says that

water exercising helps to decrease disability and aids in the quality of life in older adults. Since swimming is a low-impact sport, this makes it a safe option for older adults, rather than risking a fall while biking or running. Swimming feels good on joints and boosts one's mood at the same time.

It's essential that every child learn to swim, especially to be water-safe. But there are so many levels of swimming and benefits that come along the way. Introduce your child to swimming early on so that they have the skill for their whole life. This can help improve their overall physical and mental health. Hopefully, they will fall in love with the sport and lap it up for years.