



REASONS WHY EVERY CHILD SHOULD TAKE SWIM LESSONS



FOR SAFETY

Students learn self-rescue skills and how to be safe in and around the water.



FOR FUN

Kids love the water, and there's nothing more fun than playing games, sports, and making new friends in the pool.



FOR CONFIDENCE

Kids build confidence when they overcome challenges, from their first kicks across the pool to swimming laps.



FOR HEALTH

Skills learned prevent chronic disease, increase social-emotional and cognitive well-being, while fostering a lifetime of physical activity.



FOR RESCUE SKILLS

As students progress through swim lesson stages, they learn how to safely assist others in emergency situations.



FOR LIFE

Kids develop a lifelong love of swimming, an activity that brings enjoyment and health benefits long after they complete their last swim lesson.



GATEWAY REGION YMCA