Why Swimming? There are a myriad of different activities out there that your kids can take part in. All of them take varying degrees of time, money and commitment. If swimming is your choice, you have made a good one.

Why?

1. Swimming is fun! Most swimmers will tell you that the water is a second home.
2. Swimming is beneficial for the Body. There isn’t a better full body workout then swimming. Every muscle group is used and the cardio and respiratory benefits are unreal!
3. Swimming is beneficial to the mind. Numerous studies show how vigorous exercise stimulates the brain.
4. Swimming is beneficial socially. Simply put, swimming keeps kids clean! Swimmers in High School are 53% less likely to use illegal drugs and 40% less likely to abuse alcohol. If you want your children to associate with a positive peer group, swimmers definitely fit that bill. Many of these same friends will be friends for life.
5. Swimming is beneficial academically. Year in and year out swimming ranks in the top 3 (often first) in NCAA athlete GPA’s. The time management, goal setting and delayed gratification skills and general work ethic that swimmers learn will pay off for the rest of their scholastic and professional lives.
6. Swimming is beneficial to one’s safety. Is a couple years of swimming lessons really going to give one the skills in the water that are going to last for the next 60 + years? Being safe and comfortable in the water for the rest of your life is offers a peace of mind that is priceless.
7. Did I say swimming was fun? It is, but it is also challenging, exhausting and, at times frustrating.

Just like anything of worth. As a child learns to rise to the challenge, push through the exhaustion and conquer the roots of the frustration not only do they become a better athlete but more importantly a stronger and better person.