



Why Start Swimming Lessons Young?

There are many conflicting opinions of this topic. Our answer is based on many years of teaching swimming to infants and research from Australia and the UK combined.

First and foremost is the safety aspect which applies in every country, but especially Thailand.

Giving your child the skill to save themselves we see as the most important reason.

Recognising that there is a swimming pool in nearly every house or condo block, which is most likely not fenced, teaching your child to swim to the side of the pool could save his/her life.

Your infant swimming goal should be that your child can swim to the side if they were to fall into the pool by approx 24 - 30 months.

During 6 - 18 months, physical & mental development is at its most obvious. Learning to walk, climb, understand and talk are all challenges for the child. Taking these challenges into the pool learning environment adds for another healthy, natural, fun thing to do. Each class can be an interactive recreational activity with your child in a new and exciting liquid environment. In this medium you can bond with your child face to face. Often Dads get involved in swimming lessons and it's the "me & dad" activity for the week.

Encouragement of confidence and independence can start at any age, however the earlier the better. During the 16 -18 month stage a growth spurt of self confidence happens as a result of the child's ability to move about and master their environment. Looking for recognition of achievement is natural and being encouraged when an achievement of any size is made promotes a healthy self esteem in children. Learning to master the water, fear of the water or independence in the water deserves encouragement and therefore can promote good self esteem.