



WHY WE SUPPORT SWIMMING LESSONS

Learning how to swim improves a child's confidence, independence, fitness, and safety. Like bicycling, swimming develops coordination not just of muscles, but also synapses in a child's growing brain.

Learning to Swim Improves Overall Fitness & Saves Lives

Swimming improves cardiovascular fitness, strength and flexibility, stamina, balance, and posture while preventing one of the most common causes of accidental death.

Bilateral Cross-Pattern Movements Enhance Brain Development

The bilateral motion of swimming improves coordination in both body and brain by stimulating the growth of nerve fibers between hemispheres.

Mastery of a New Skill Builds Confidence & Earns Self-Esteem

Swimming lessons provide a real-world opportunity to apply new knowledge, practice skills, and succeed.

Like All Exercise, Swimming Improves Classroom Performance

According to the National Academies of Science, Engineering, and Medicine, exercise improves concentration, retention, behavior, and cognitive function.

*Whole Child Learning Environments promote nature-based learning, healthy habits, and essential life skills.
The Audacious Foundation helps schools and students with in-school swimming lessons.*

Sources Include:

Lynch, Kelsey: *6 Reasons Your Child Should Learn to Swim*, *Swimming World*, January 29, 2015

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Berger/Owen: *Mood Alteration with Swimming – Swimmers Really Do “Feel Better”*, *Psychosomatic Medicine*, October, 1983

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A Complete Learning Experience
for the Whole Child

Santa Barbara, California

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