

INFANT SWIM LESSONS: FAST TRACK YOUR CHILDS DEVELOPMENT

Areas of Accelerated Development - Physical, Intellectual & Emotional

The WaterBaby™ program at Maley Swim School is more than the development of life saving swim skills. Read on to find out what your baby can get from taking swim lessons consistently throughout his or her early years.

‘Data comes from research at the German Sports College in Cologne. These studies demonstrate that swim lessons for babies and toddlers don’t just save lives, but they can accelerate their development physically, intellectually and emotionally.

Compared with a control group that did not take year-round lessons, the children who swam consistently from infancy were significantly stronger and more coordinated. The children also scored higher for intelligence and problem-solving, which carried over into excellence in academic achievement.

Emotionally, they were found to be more self-disciplined with greater self-control and an increased desire to succeed. They rated higher in self-esteem and were more independent and comfortable in social situations than the control groups.

More recent studies conducted at Norwegian University of Science and Technology in 2009 with Dr. Hermundur Sigmundsson and his colleagues have shown that baby swim lessons improve a child’s physical development. Baby swimmers developed better balance, movement and grasping techniques than non-swimmers. This difference persisted even when the children were 5 years old. At that age, the babies who had been taught to swim still outperformed their peers in balance, movement and grasping skills.

Research in Australia has demonstrated that early participation in swim lessons can also accelerate a child’s cognitive development. Starting in 2009, Griffith University embarked on a four-year “Early Years Swimming Research Project” with 45 swim schools across Australia, New Zealand and the United States. It is the largest study of its kind investigating the benefits of early swim lessons.

The Results show that children involved in learn-to-swim programs are more “ahead of the game” in their cognitive and physical development than their non-swimming peers. They also show more “marginal benefits to social and language development.” Parents in the study have reported that their children are “well ahead on developmental milestones than same-age peers.”

In 2011, researchers in Melbourne, Australia reported the intellectual and physical benefits for early swim lessons. The scientists conveyed that children who were taught to swim by 5 years had statistically higher IQs. The research also showed that the high water resistance strengthens the child’s muscles more rapidly than playing on the floor. Swimming uses all of the large muscle groups, while playing on the floor works only certain muscle groups.’

Excerpt taken from article written by Lana Whitehead in Swimming World, October 2013 – Vol 54 – NO. 10