

# Don't Stop when the Temperature Drops...

## 5 Benefits of Swimming During Winter



As the days get colder and the nights get longer, putting on togs and hopping in the pool may be the last thing on your mind right now. However, continuing swimming lessons in the winter terms can be very beneficial for your child, and here are our top five reasons why:

1. They are able to **maintain skills learned in previous terms**. Practice makes perfect, so why not make the most of winter to keep practicing and perfecting their swimming? Taking a break during winter gives children time to lose the skills they worked so hard at during the summer months, particularly during a season where they are less likely to be spending time swimming elsewhere.

2. It helps them **stay active** when it's wet outside. Whenever the weather takes a turn for the worse, kids are deterred from playing outside. Bringing them along to our heated indoor pools once a week is an excellent way for them to get exercise and stay fit during the rainier seasons.
3. Learning to swim before summer arrives means your child will be **better prepared for summer** when you head over to your nearest beach or public pool. Having practiced during the winter, they will be more confident in the water and will already have the skills they need to stay safe and have fun while they swim.
4. Swimming lessons help give children a **sense of achievement**. Not only do they receive an official progress report each term, but our staff offer encouragement and praise to swimmers who work hard and improve over the term.
5. Swimming is great for **overall fitness**, as it incorporates all parts of the body without putting too much strain on them. Swimming helps to strengthen limbs, improve coordination, correct posture, and boost immunity.



If you want to see any (or all!) of these benefits in your child's life, perhaps it is time to consider enrolling them in swimming lessons for term 3? Dean Greenwood Swim School have spaces available in their swimming classes across all four of our sites.



**0800 SWIM NOW**

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