



# BENEFITS OF SWIMMING

## 1. PHYSICAL HEALTH

SWIMMING IS A LOW IMPACT EXERCISE THAT CAN IMPROVE STAMINA, POSTURE, FLEXIBILITY, AND CARDIOVASCULAR HEALTH. WHILE RELEASING THEIR ENERGY, KIDS ARE ABLE TO WORK OUT EVERY PART OF THEIR BODY, AS NEARLY ALL MUSCLES ARE USED.

## 2. INDIVIDUAL SPORT

SPORTS WITH AN INDIVIDUAL COACHING DYNAMIC CAN OFFER A MORE COMFORTABLE ENVIRONMENT TO LEARN AND GROW. TEAM SPORTS CAN BE OVERWHELMING AT TIMES AND OFFER MANY DISTRACTIONS; SOME CHILDREN MAY BE APPREHENSIVE TO ASK FOR HELP WHEN THEIR PEERS ARE AROUND. HAVING A SUPPORTIVE ROLE MODEL LIKE A COACH CAN HELP BOOST CONFIDENCE AND FOSTER A POSITIVE LIFELONG RELATIONSHIP.

## 3. IMPROVES COORDINATION AND BALANCE

WHILE PUTTING MINIMAL PRESSURE ON THE JOINTS AND MUSCLES, SWIMMING CAN BE A GREAT WAY FOR YOUNGER CHILDREN TO IMPROVE BALANCE AND BECOME MORE COORDINATED. THEY WILL LEARN HOW TO PERFORM DIFFERENT STROKES AND HOW DIFFERENT MOVEMENTS CAN LEAD TO CHANGES IN SPEED, DIRECTION, AND DEPTH.



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