



10 Reasons to Learn to Swim

1. Swim for Health.

People involved in even simple exercise have a lower risk of many diseases as well as a better state of mental and emotional well-being. Swimming is highly recommended by the medical profession as it also causes no stress to the body's joints.

2. Safety in and around the water is greatly enhanced by being able to swim

Drowning is the major cause of accidental death in children under the age of 5. Many adults also drown regularly while fishing, boating or swimming in rivers and lakes.

3. It's FUN!

As soon as your feet leave the bottom of the pool, you experience a whole new adventure in the water world.

4. It makes you Fit.

Fitness for the totally body comes from swimming by developing muscle tone and endurance.

5. Swimming is a lifelong activity.

6. The family can swim together for health, fitness and fun!

7. Meet new friends.

Swimming lessons can be a great place for children and parents to meet new people. Many friendships have been formed at the pool.

8. Other organized activities at the Fairmont Aquatic Park include private swimming lessons, guardstart and lifeguard training courses and Girl Scouts Swim Team.

9. Swimming has no barriers.

Regardless of age, sex, ethnicity or ability, swimming is an activity for all to enjoy.

10. Be refreshed.

A nice dip in the warm water of the pool can be great for stress relief.