



10 Reasons for “Baby & Me” Swim Classes:

1. Swimming is one of the few activities you can “do” together with your baby.
2. Swimming with your baby offers uninterrupted precious bonding time... in soothing warm water...with lots of beneficial “skin-to skin” contact!
3. In the water, children can make a variety of movements & exercise more muscles than they can on land (because they are less restricted by gravity)!
4. Early mastery of water movement and being comfortable in water gives children a head start in learning basic swimming skills!
5. Water activities force babies to move bilaterally to maintain their equilibrium. This vestibular stimulation helps improve coordination and balance in water and on land.
6. The benefits of involving young children in early movement stimulation are immense. Scientific studies show that active movement at a very young age facilitates brain development, intellectual achievement, language acquisition, reading readiness, sensory integration and the building of self-esteem.
7. Baby swim classes offer an introduction to water safety for both parents and child.
8. Baby swim classes offer wonderful social opportunities: the child gets to know him/herself and sees his/her connection with the rest of the world.
9. Listening to/singing songs in swim class also grow neural connections.
10. Learning to swim is fun!

contact: 970-390-3068/ info@vailswimschool.com

(Information adapted from Move and Learn by Lana Whitehead, MA.)