



mairangi
SWIMschool
since 1984

Benefits of Baby and Toddler Swimming

1. Baby swimming is a 'hands on baby' activity with 'skin to skin' contact. For the much of the class parents/caregivers will be making eye contact and communicating face to face with their child.
2. Baby swimming is a wonderful opportunity to connect with your baby; for that reason our weekend classes are very popular with working parents who may not have as many opportunities to spend quality time with their little ones.
3. Baby swimming provides a great opportunity for babies to spend time on their tummy. For many reflux babies, tummy time is easier with the buoyancy of the water supporting their body allowing them to have opportunities to strengthen their postural muscles in the prone position.
4. Often babies who have been swimming sleep very well afterwards. This can be attributed to a number of reasons: the swimming pool is a very stimulating sensory environment; babies get a good physical workout during the lesson; also the flow of water on the skin releases sleepy hormones.
5. During our lesson's water safety messages, rules and routines are constantly reinforced.
6. Your child's water confidence will increase when they participate in our guided lesson activities. Our teachers will guide you and your child through the submersion progressions. From a practical parenting perspective, hair washing is much easier when your child doesn't mind getting water on their face.
7. Baby swimming encourages development of the respiratory system through breath control which is important for communication and language development.



At the Mairangi Swim School, we pride ourselves on our personal and family oriented approach. Our highly trained and award winning staff are always available to answer your questions and guide you as you begin your child's journey to developing skills for life.